OKANAGAN RETREAT
AL FRESCO DINING AND WINE THERAPY IN B.C. {page 11}

RYDER
CANADIAN POWERS TEAMMATE TO VICTORY {page 19}

OTTAWA metro®
Wednesday, July 20, 2011
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News worth sharing.

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Heatwave hits Ottawa

Environment Canada forecasts mercury will climb to 37 C tomorrow, smashing record of 36.7 C set July 21, 1955

SEAN MCKIBBON
@METRONEWS.CA

Ottawa is set to see record temperatures as a heat wave sweeps the province.

Health officials are warning the public to take it easy, keep hydrated and avoid heat exhaustion.

"When the weather gets extremely hot, everyone needs to pay attention to what we can do to protect ourselves. Heat stroke can be a serious illness," said Ontario Chief Medical Officer of Health Dr. Arlene King.

Ottawa paramedic spokesman J.P. Trottier put it more bluntly: "Heat stroke is a life-threatening condition."

Officials urge the public to drink plenty of water or natural fruit juices, eat, stick to air conditioned rooms and keep physical activity to early morning or late evening, when it's cooler.

Symptoms of heat stroke can include headache, heavy sweating, dizziness, confusion or other altered mental state, cramps, vomiting and fainting. Skin may become hot and dry, or there may be sweating due to high body temperature.

Splash. Down

▶ Beacon Hill-Cyrville Coun. Tim Tierney joins children in christening the newly renovated Ottawa Splash Wave Pool at 2040 Ogilvie Rd. with a celebratory jump in the water. Ottawa Orleans MPP Phil McNeely, back left, and Mayor Jim Watson look on. The facility, which opened to the public in April, was renovated for $3 million.

SEAN MCKIBBON/METRO

Renovated pool just in time for summer

Local

Tracking ex-cons

Tim Hudak wants to put GPS trackers on sex offenders, possibly others Group asks PC leader to reconsider plan {pages 2-3}

The Muppet museum

New York exhibit shows creativity of creator Jim Henson {page 13}

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1 news

News that should surprise no one. You can do yoga on a giant surfboard in Seattle. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Google Street View's new trike camera makes its Canadian debut in Toronto. Video at metronews.ca

Hudak GPS plan panned

Conservative leader's plan to monitor sex offenders with GPS tracking units won't prevent sex crimes, group who works with ex-cons says

JESSICA SMITH
@METRONEWS.CA

A group that works with sex offenders after they're released from prison is asking Progressive Conservative leader Tim Hudak to reconsider his plan to outfit the province's 14,000 registered sex offenders with GPS tracking units.

Susan Love, program co-ordinator with Circles of Support and Accountability, sent a letter on behalf of the group to Hudak yesterday saying they believe it will not actually prevent sex crimes.

That's partly because of the sheer number of sex offenders in Ontario, said Love.

"There are 14,000 people, that's a lot of people to monitor, a lot of computer screens," she said. "It would probably only be used reactively after something's occurred."

Love said she is concerned the GPS would trigger many false alarms that police would have to respond to if, for instance, a sex offender were to take a bus that passes by a school.

She also said GPS doesn't help in cases where the offence occurs within families. In the extreme case of Jaycee Lee Dugard — who was kidnapped and held in the backyard of a paroled rapist in California for 18 years — the GPS unit would have just shown that he was at home the whole time, she added.

The group would rather see the cost — $50 million a year — go into prevention. However, in a few cases of extreme, repeat offenders, the GPS might be useful, Love said.

At a press conference in Ottawa yesterday, Hudak would not say if any of the money would go to police forces for the resources to respond to GPS calls, saying only he would work with police on the GPS program if he is elected.

"The sad reality is that sex offenders and child predators are at a high risk of re-offending," said Hudak.

Hudak said he would consider expanding the GPS program to include people convicted of other serious crimes.

Asked if he would consider using GPS to keep track of the convicts who would participate in the chain gangs he has pledged to create, he would not answer, saying "We'll have more to say about it between now and election day."

JESSICA SMITH/METRO

▶ Ontario Progressive Conservative leader Tm Hudak speaks at a news conference in front of a former grow-op house in southern Ottawa yesterday, where he promised to establish a registry of houses used to produce drugs. The announcement follows on his promise to force those on Ontario's sex offender registry to wear GPS locators.

GPS could increase risk: Group

Circles of Support and Accountability has worked with about 30 sex offenders over the past nine years in Ottawa. So far, none have re-offended sexually and studies show that kind of group is able to reduce the risk the ex-convict will re-offend by 70 to 80 per cent, said program co-ordinator Susan Love.

Their program is effective because when volunteers support the ex-convicts they prevent them from being marginalized and reduce the stigma that comes with being a labelled a sex-offender, said Love.

▶ Love

A GPS unit has the potential to undo that work and actually increase the risk to community safety, she said.

"And our number one priority is no more victims—we're not pro- sex offender," she said. ● JESSICA SMITH

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Home buyers need drug-house registry, Hudak says

Progressive Conservative leader Tim Hudak stood in front of a former grow-op house in southern Ottawa yesterday and announced that his party would like to create a public registry of houses that were used to make or grow illegal drugs.

"Too often homes that have been former grow-ops and meth labs have been sold to unsuspecting families," he said. "If criminals used your new house as a grow-op, the excessive moisture from pot plants can lead to black mold that carries toxic substances and causes breathing problems."

Former meth labs can cause lung problems and illegal wiring changes to houses can cause them to catch on fire, he added.

The houses would go on the list based on information collected by the police and won't "cost taxpayers an additional dime," Hudak said.

Currently in Ottawa, houses go on a public list run by the city for 90 days after a bust, he said.

Under his plan, houses would stay on a list until they passed inspections that determine they are safe. Then they could be removed from the list so that homeowners could sell them at a good price.

Patricia Verge, provincial director of the Ontario Real Estate Association, said a registry is "necessary."

"We're told in Ottawa, at any time, there are 400-500 grow-ops in operation," she said. "More and more people are buying former grow-ops without even knowing."

JESSICA SMITH

HANDOUT/ THE CANADIAN PRESS

▶ Marijuana grow-op

Public registry could drive sex offenders out of reach, experts say

Tory leader Tim Hudak's plan to make the provincial sex offender registry public could backfire and drive offenders into hiding, experts say.

"If you disclose where these individuals are living in the community, it is not unusual that they become harassed and that may cause them to move underground, so we would not be able to have any control of these guys," said Sgt. Sue Crone, head of the Toronto Police Sex Offender Registry Enforcement Unit.

Offenders must register with local authorities and report to police each year afterward.

Authorities also conduct unannounced visits, checking up on those likely to re-offend about once a week. Low-risk individuals get about four check-ups annually.

Police issue an arrest warrant when an offender fails to register, but Crone says the non-compliance rate is "minimal."

MARIANA IONOVA

News in brief

Blaze destroys three cars

WOODBRIDGE CRESCENT. The Ottawa fire service says it doesn't suspect arson in a car fire early yesterday morning. The blaze just after 3 a.m. on Woodridge Crescent started in one car and spread to two more, destroying all three vehicles. There were no injuries. METRO

Infant left in car not grounds for removal: Society

POLICE INVESTIGATING. The Children's Aid Society says there are no grounds to remove an infant from his parents after the baby was left alone in a car outside a Home Depot in the east end. Police broke the window of a van to reach a three-week-old child. The infant was assessed at the scene and taken to hospital for further observation. METRO

An Important Notice for
Adult Ontarians Living with Diabetes

Living with diabetes is not easy, but managing it day-to-day really means taking good care of yourself.

There are three key tests that people living with diabetes should receive on a regular basis. They are:

- the **HbA1C blood glucose control test**, which patients should receive at least every six months
- the **LDL-C cholesterol test**, which patients should receive every year
- a **retinal eye exam**, which patients should receive every two years

The Diabetes Testing Report was created to help inform your primary care provider (physician or nurse practitioner in a Nurse Practitioner-Led Clinic) of when you last had each of these three tests.

People living with diabetes who are tested regularly are better able to manage their diabetes and avoid complications. The Diabetes Testing Report will help you and your primary care provider better manage your diabetes care by reminding him or her if you are overdue for an HbA1C test, LDL-C test or retinal eye exam, and it will encourage you and your primary care provider to talk about your diabetes care.

Protecting Your Privacy

In order to create the Diabetes Testing Report, your primary care provider may share personal health information, including your name, OHIP number, and date of birth, with the Ministry of Health and Long-Term Care (MOHLTC). He or she will also confirm whether you have diabetes. In response, the MOHLTC will share the most recent dates of each of the three tests with your provider. Your privacy is important, and you are not required to have your information included in this report.

Deciding Not to Share Your Information

You may decide that you do not want your primary care provider to disclose your information to the MOHLTC, and that you do not wish to be included in your provider's Diabetes Testing Reports. If you choose to withhold or withdraw your consent, this will in no way affect your relationship with your health care provider and he or she will continue to provide care to you.

If you wish to withhold or withdraw your consent to having your information disclosed by your primary care provider and in any Diabetes Testing Reports that MOHLTC sends to your primary care provider, call **1-800-291-1405 (TTY: 1-800-387-5559)**. If you have previously withheld or withdrawn your consent to have your information included on the Diabetes Testing Report, you do not need to withhold or withdraw your consent again. If you wish to reinstate your consent, you can do so by calling the number above.

In Ontario, the Personal Health Information Protection Act, 2004 (PHIPA) is the legislation that governs the collection, use, retention, and disclosure of personal health information by health information custodians, including MOHLTC and primary care providers. For more information about the collection, use, and disclosure of your personal health information for the purposes of the Diabetes Testing Report, call the numbers listed above. For more information about diabetes, visit **ontario.ca/diabetes**.

Paid for by the Government of Ontario

Ontario

‘I was too trusting’: Murdoch

Summoned by British lawmakers yesterday to account for a phone hacking and bribery scandal, Rupert Murdoch said he was humbled and ashamed but accepted no personal responsibility, insisting he was at fault only for trusting the wrong people at a now-defunct tabloid that made up a tiny portion of his vast media empire.

The 80-year-old media tycoon endured a three-hour grilling from lawmakers and escaped attempts to draw to tar him with individual blame for the scandal that has rocked his empire.

The scandal has become a page-turner of a drama, with scenes of private detectives hacking phones, cops being bribed for news tips, politicians being wined and dined and a murdered teenager whose phone messages were intercepted. And only a fraction of the nearly 4,000 people whose information was hacked are known and the police investigation appears to be widening.

“This is the most humble day of my career,” said Murdoch.

He said he lost sight of News of the World because it is such a small part of his company and spoke to the editor of the paper only around once a month.

James Murdoch, 38, apologized for the scandal, telling British lawmakers that “these actions do not live up to the standards our company aspires to.” THE ASSOCIATED PRESS

On the web

For more coverage, go to metronews.ca/hacking.

- **Video.** Prankster tries to throw a foam pie, splattering Rupert Murdoch’s suit jacket before the media tycoon’s 42-year-old wife springs to his aid, slapping the man, who was quickly arrested.
- **Text.** Rupert Murdoch’s full statement to U.K. lawmakers.
- **Reaction.** Twitterverse reacts to the antics. **@kbeninato:** “News is turning focus on Murdoch’s pie fighting wife, instead of hacking. It’s like they’re jangling keys at viewers and it’s working. #notw”

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

▶ A protester wearing a Rupert Murdoch mask is photographed by media outside parliament in London yesterday.

Journalist’s death ‘not suspicious,’ say police

HANDOUT

▶ Sean Hoare

Sean Hoare said he was told to stop at nothing to deliver celebrity scoops for the Sunday papers, and he delivered some of the most sensational.

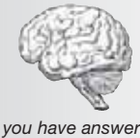
Hoare’s death this week added another tragic twist to the very scandal he helped bring to light.

Police discovered Hoare’s body at his home north of London on Monday. They said yesterday a post-mortem found no evidence of outside involvement, calling it “non-suspicious.” Police said they are awaiting the results of further toxicology tests on Hoare’s body, which could take weeks. THE ASSOCIATED PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

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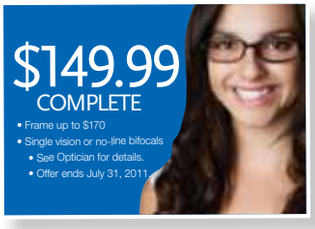

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Fugitive could escape: Lawyer

- Prosecutors say he is connected to criminals
- Defence will argue possible execution if deported

A Chinese fugitive's links to organized crime in Canada make him a serious flight risk, a government lawyer claims.

Kevin Boothroyd, who represents the Canada Border Services Agency, said yesterday that evidence presented at Lai Changxing's hearing shows he not only had close contact with criminals, but he was doing business with them. Boothroyd said those connections could help Lai escape.

"Lai is in close contact with people who can facilitate his flight," Boothroyd said.

Vancouver Police Det. James Fisher told the hearing earlier that Lai's connections with the Big Circle Boys gang could enable him to get fake documents that could fool border officials.

Fisher said an informant, who he added was a long-time criminal he once paid off, was part of a conversation in which Lai talked about running a gaming house in B.C.

He said that while his source didn't see a bet made at the house in Richmond, B.C., he was present when Lai talked about his role in the illegal gambling den.

Lai is wanted in China over accusations he bilked the Communist government out of millions of tax dollars. He fled to Canada in 1999 and has been fighting deportation for 12 years.

Lai is seeking release from custody ahead of a federal court hearing tomorrow, when his lawyers will ask for a stay of his deportation, arguing that Lai could face torture or even execution at the hands of China's Communist regime. THE CANADIAN PRESS

Cool. Off

▶ Marious Merasty plays in a public fountain in Winnipeg yesterday.

JOHN WOODS/THE CANADIAN PRESS

Full heat ahead across provinces

Temperatures reached about 36 C in Winnipeg. And while the Toronto area was getting a bit of a break from its extreme heat yesterday, the thermometer is expected to rise to 38 C in that city again today.

Shuttle Atlantis gives its final salute

The Atlantis space shuttle left the International Space Station for the very last time yesterday, heading home to end the 30-year run of a vessel that kept U.S. astronauts flying to and from orbit longer than any other rocketship. All that remains of NASA's final shuttle voyage is the touchdown, targeted for the pre-dawn hours in Florida tomorrow.

"Get her home safely and enjoy the last couple days in space shuttle Atlantis," the station's Mission Control told commander Christopher Ferguson and his crew.

Replied Ferguson: "It's been an incredible ride."

As a final salute, the space station rotated to provide never-before-seen views of the complex. Atlantis flew halfway around the outpost, cameras whirring aboard both craft to record the historic event.

THE ASSOCIATED PRESS

Health apps to get checkup

- U.S. plans oversight of some medical applications for mobile devices
- Guidelines will deal with apps that present a risk to patients

The U.S. Food and Drug Administration is taking steps toward regulating the rapidly expanding field of medical applications, or apps, for smartphones and other handheld devices.

With the rise of the iPhone, Android and other mobile devices has come a flood of apps designed to help people stay healthy. Industry analysts estimate there are already more than 17,000 medical apps available, ranging from calorie counters to programs that let doctors see medical scans on their phones.

The FDA says it will begin regulating a handful of these programs that pose the greatest risk if they don't work properly.

A draft proposal says the FDA will regulate apps that combine with medical devices such as heart monitors that transmit to a smartphone.

THE ASSOCIATED PRESS

Wi-Fi tablet still on track: RIM

Production of the wireless network version of Research In Motion's PlayBook tablet will go on as planned, despite rumours it was being scuttled.

In fact, RIM said yesterday that it has more rollouts planned for Southeast Asia, Western Europe and the Middle East in the coming weeks.

The Wi-Fi PlayBook is cheaper for consumers because it doesn't need a monthly data plan from a wireless carrier and connects to the Internet via short-range public or home wireless networks.

THE CANADIAN PRESS

JEFF CHIU/THE ASSOCIATED PRESS

▶ RIM's PlayBook

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 78.78 (13,332.92)	+ 0.88¢ (105.17¢ US)
Oil	**Natural gas** 1,000 cu ft $4.56 US (+ 1.8¢)
+ $1.57 ($97.50 US)	**Gold contract** $1,601.10 US (- $1.30)

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† Conditions apply. Visit **scotiabank.com/moneyback** or a Scotiabank branch for full details.

Google. Street View

▶ Google unveils its new Street View tricycle in Toronto yesterday. The trike is rolling out across Canada.

VINCE TALOTTA/TORSTAR NEWS SERVICE

Google trike on a trek

Google's Street View trike goes where cars can't, such as university campuses, hiking trails and theme parks. Over the next two months, a cycling duo will photograph landmarks in the Toronto area. Plans are also afoot to photograph Vancouver and other Canadian cities.

Bank retains key rate

The Bank of Canada left its key overnight interest rate unchanged at one per cent yesterday, but suggested that continued growth in the Canadian economy will mean a hike in the near future.

Observers believe an increase could come as early as October. However, the European debt crisis and slow pace of growth of the U.S. economy could drag down the Canadian economy.

It's thought that the central bank will wait to see if its economic outlook is on track before moving to raise rates.

THE CANADIAN PRESS

Kodak retains patent

Apple Inc. has lost a second round in its dispute over a digital-camera patent against Eastman Kodak Co. The U.S. International Trade Commission yesterday affirmed a preliminary decision in May that Kodak's technology doesn't infringe on Apple's patent rights and that one of the two patents in dispute is invalid.

Kodak, the 131-year-old photography pioneer, is caught in a race to redefine itself in the cutthroat digital-imaging arena.

THE ASSOCIATED PRESS

Nashville spurns call centre after layoffs

A U.S. call centre company that laid off 1,200 Canadian workers — without warning, compensation or even their final paycheques — has lost a major deal with the City of Nashville.

Officials of the Tennessee capital said yesterday they were no longer in discussions with New York-based IQT Solutions to locate the business there.

Nashville had earlier said it would give the company $1.6 million in incentives to create 900 jobs in the city.

"We are dismayed about what happened in Canada and don't think workers anywhere should be treated that way," city official Matt Wiltshire said in a statement.

The Quebec and Ontario governments, meanwhile, are meeting the laid-off workers to see what can be done to help.

About 600 workers were laid off at offices in Oshawa, Ont., as well as 450 in Laval and 140 in Trois-Rivieres, Que., in a move that employees described as "savage."

Labour laws generally require employers to give two weeks' notice of a layoff and a minimum of four per cent of salary earned in the last year, generally considered vacation pay.

The Quebec labour board could take legal action against the company for not paying workers their outstanding wages and other money owed under Quebec laws on layoffs.

THE CANADIAN PRESS

Deal-breaker

- **The announcement by the City of Nashville** comes just one day after the mayor demanded an explanation for the abrupt sacking of the Canadian workers.
- **Quebec's Employment Minister**, Julie Boulet, says three companies have expressed interest in hiring the laid-off workers.

CAUGHT IN THE CHROMOSOME WITH A CAVEMAN

JUST SAYIN' ...

PAUL SULLIVAN
METRO

Well, this explains a lot.

Turns out there's a little caveman in all of us.

According to a team led by scientists from the University of Montreal, a piece of DNA that makes up part of our genetic structure definitely came from the Neanderthals. And that applies to everyone who did not originate in sub-Saharan Africa.

The Neanderthals, you'll recall from school and the funny pages, were those not-quite ready-for-prime-time near-humans who were rendered extinct by the vastly superior Cro-Magnons — that is, us.

Neanderthals were typically depicted as knuckle-draggers with low-sloping foreheads and a tendency to bash first and ask questions later. The story was they didn't have the intellect — or the looks — to overcome their fate.

"Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up."

You'd better get in touch with your inner caveman, because there is conclusive evidence that our ancestors found their Neanderthal cousins attractive after all, maybe after a few fermented grain infusions, and those prehistoric boogie nights live on as part of our X chromosome.

The Neanderthals, like Britney Spears, were mainly victims of bad press. Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up.

All this transpired between 30,000 and 50,000 years ago, which means that unless there are undiscovered cave paintings revealing exactly what happened, it's pretty much a matter of idle speculation, which has never stopped us before. You can bet, though, that despite all the sophisticated music and art, this smoking X chromosome is the result of some pretty dangerous liaisons: "No, you can't take her to the mastodon hunt. She's not your genotype."

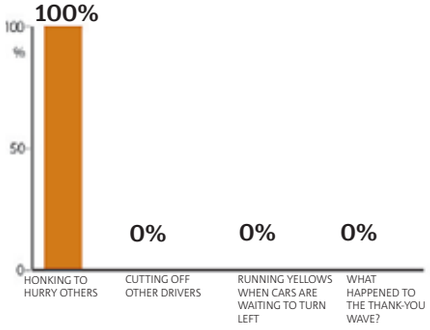
Of course, this is a godsend for those of us looking around for someone else to blame. "It's not my fault I got rib sauce all over my shirt front. My X chromosome is nine per cent Neanderthal." For those of us who are politically correct, this is our cue to start feeling guilty for persecuting the Neanderthals. Obviously, they were here first. They invented fire. And in return, all we've ever done is steal their stuff, tell them sweet little lies and slander them in our textbooks. We've got a lot to answer for.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the worst discourteous driver habit?



Local tweets

- **len_1980:** Thank you pundits for resisting the urge to add a "gate" to the News of the World scandal. #NotW
- **@pmoharper:** Just got an offer to do a gig with my band to stress test next year's Ottawa Bluesfest stage.
- **@JimWatsonOttawa:** Off to launch Rideau BIA Summer fling and tourism industry night, at Ottawa Little Theatre. #ottcity
- **@DenVan:** Just getting started at SpacingOttawa event at NAC Fourth Stage. Goal "national discussion of urban issues". #ottcity
- **@KDamman:** Whoa! Howie Mandel just poked fun at Piers Morgan for 'hacking' into his thoughts on 'America's Got Talent.'' #murdoch #notw #hacking
- **@Nkyonka:** No reason #Ottawa can't undertake an urban design renaissance with a little imagination: urban planner George Dark at #Spacing Road Show.

Worth Mentioning

JURASSIC. Manitoba paleontologists have unearthed the bones of several prehistoric sea creatures some 80 million years old.

Scientists from the Canadian Fossil Discovery Centre in southwestern Manitoba have dug up two mosasaurs — a huge predatory reptile known as the T. Rex of the sea. The dig site has also uncovered a prehistoric squid and bird skeletons, as well as two other as-of-yet-unidentified fossils.

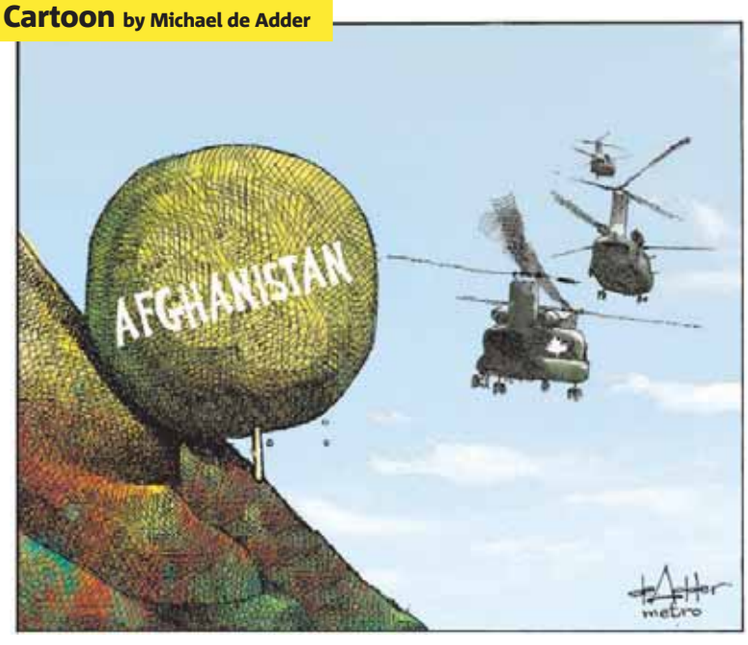
The museum is already home to the largest mosasaur in Canada — a 13-metre-long creature called Bruce — but curator Anita Janzic said the new find is significant.

"It was not just this big, wide, open sea," she said. "It's giving us some new insight into what the seaway was like — a more shallow marine than some of the other places are thought to be. That is changing how we are looking at the seaway and that, to me, makes this site very interesting."

Some of Canada's richest deposits of marine dinosaurs are found in the soil of Morden, about 100 kilometres southwest of Winnipeg.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

If you like mayo, you can lay it on really thick

Who knew a disagreement about mayonnaise could lead to an all-expenses-paid divorce?

With marriage breakups as common these days as coffee runs, at least one well-known consumer product is cashing in on the heartbreak.

Miracle Whip announced its Not for Every Relationship contest, which allows couples to submit videos to the brand's YouTube channel on how the condiment has helped or hindered their relationships.

The winner gets $25,000 towards the cost of a wedding or divorce.

"The Not For Every Relationship contest was inspired by social media conversations about consumers' love or hate for Miracle Whip in the context of their own relationships," Sara Braun, director of Miracle Whip said in a statement.

It is an extension of the company's We're Not For Everyone marketing campaign, which celebrates the lovers and haters of Miracle Whip.

"Knowing the condiment isn't universally loved has given us licence to focus on the notion that it can actually make or break relationships," she said.

TORSTAR NEWS SERVICE

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2 scene

No damsel in distress

The Captain America leading lady is about to be very famous, but she's trying not to think about that

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONEWS.CA

JAY MAIDMENT/MARVEL STUDIOS

▶ Hayley Atwell plays Peggy Carter in Captain America: The First Avenger.

British actress Hayley Atwell has wasted no time in establishing herself. Her first film gig out of drama school was Woody Allen's Cassandra's Dream in 2007. Now she's taking on one of Earth's mightiest heroes in Captain America: The First Avenger as Peggy Carter, a British agent and love interest for the super-soldier who also happens to be quite handy with a machine gun. Atwell sat down with Metro to talk about making her mark, finding good roles and returning to the stage.

Have you thought about how much your profile could be raised once this movie comes out?

No, I haven't. I really haven't. Because you can't really expect anything, really. You're kind of trying to take every moment and experience as it comes, and also be very independent of it and not have too many expectations of how the film will be received.

I hope, if anything, that it would mean that I could get the experience or the opportunity to work with other directors I wouldn't have in the past because they wouldn't have seen my work. So in that respect, I hope that's a positive thing to come out of it, but apart from that I think it's kind of out of my hands. The world will decide what they want to do with it.

Your character is far from a damsel in distress. In fact, she's a hero in her own right.

I loved that in the script and thought she was so strong and capable and a match for him. They needed each other, there was a kind of a weakness in him that she was able to help and to guide.

What I liked about her is — it seemed in the script and I really hope it comes across in the film — she really likes him for who he is. It felt like a very innocent, sweet relationship.

Is it difficult to find roles like that, that are so interesting and well-defined?

There's been amazing roles for women through the ages of film and literature. I don't think there's a shortage of it.

I suppose it's just that there's so many more actresses now, so there's more competition.

But also the fashion of the image of what actresses should look like has, I think, kind of steered the focus away from these incredible qualities that women have to more of the aesthetics, which means some actresses could tend to focus more on that aspect of it.

Not to badmouth anyone at all, but you kind of sometimes watch films and go, 'Really? Is that a good role model? I don't think so.' Surely we've moved on from that.

You're also very active in the theatre, where that problem doesn't exist as much.

I've always wanted to go back and do that because it's always been really important to me, because it does scare the living daylights out of me and keeps me acutely aware of exactly where my skills or my weaknesses are more than anything else.

I feel like on the stage I have more of an opportunity to learn and to work with some real magicians.

How do you think the London theatre scene compares to New York?

I haven't spent enough time in New York in terms of getting a sense of how the plays are, but what I thought was brilliant is the plays that do well in the West End transfer to Broadway — you have Jerusalem or Through a Glass Darkly or the Pride, all this stuff, which is great.

It means that those plays are starting off in Britain and having a life elsewhere. America seems to be very responsive and welcoming to that and wants to kind of celebrate those plays.

But you've got some of the greatest playwrights ever — Tennessee Williams, Arthur Miller, incredible playwrights.

Scene in brief

Garry Shandling is scheduled to get a lifetime achievement award next week at the Just For Laughs comedy conference in Montreal. Shandling, whose lengthy list of credits includes The Larry Sanders Show, will receive the honour July 29. Shandling first appeared on The Tonight Show with Johnny Carson in 1981 and went on to create the acclaimed It's Garry Shandling's Show in 1986. The Larry Sanders Show, which ran from 1992 to 1998, received an astounding 78 Emmy nominations. Shandling recently appeared in Iron Man 2. The Just for Laughs comedy conference runs from July 28 to 30. It's part of the Just for Laughs festival, which wraps July 31.

THE CANADIAN PRESS

Work under way on $650,000 trail to bypass Metallica front man's Northern Calif. property.

JT IS 'SERIOUS' ABOUT THIS ACTING THING

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

Justin Timberlake is many things: music superstar, a booze baron (he owns a brand of tequila called 901), and all round mogul with a clothing line, restaurants and a record label.

All that at just 30 years of age. But like so many singing stars before him, it seems what he really wants to do is act.

In fact, he once said he believes it was always in the cards for him to be an actor.

"I got a phone call when I was 14 saying that there's a record company that's going to sign me. But two weeks before that, the plan was to drive to Los Angeles for TV pilot season. So I guess everything works out the way it's supposed to."

Fate aside, is his desire to act justified?

From his film debut in the 2000 Disney Channel movie Model Behavior to this weekend's Friends with Benefits, there have been the highest of highs and the lowest of lows.

He's earned praise from his co-stars. "I only had a couple of scenes with him but he did a really great job," said his Alpha Dog co-star Bruce Willis.

But critics and bloggers haven't always been so kind. "Dear Justin Timberlake," read a 2010 blog headline, "STOP ACTING!"

Forgettable supporting roles in flops like Edison, Black Snake Moan and Southland Tales did little to enhance his reputation, but didn't hurt it much either.

Everything changed when he was cast in The Social Network. His take on the fast talking Sean Parker, inventor of Napster and an early supporter of Facebook, was his breakthrough and won praise from critics.

That inspired performance, coupled with hilarious guest shots on Saturday Night Live have earned him the respect of the industry and fans, but he still doesn't have his pick of roles.

GETTY IMAGES

Even though he didn't get the lead in The Green Lantern ("I don't think I'm the superhero type," he joked), he wants everyone to know he's willing to put himself out there.

"I make no bones about the fact that I have always wanted to work in the forum of film." he says.

"I take this seriously."

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Watson sets record straight about school

Admits to feeling claustrophobic while living in U.K. because of her fame

ALL PHOTOS GETTY IMAGES

Emma Watson

With the Harry Potter films behind her, Emma Watson is heading back to school, except she'll be attending Oxford University instead of heading back to her U.S. university, according to ABC News.

"I haven't left Brown. I'm still enrolled at Brown. But I'm doing my third year abroad. I'm going to Oxford in the fall to study English for a year," she explains. "I'll go back to the States to do my last year."

Though she does admit that she enjoys how she feels less famous in the U.S. than in the U.K.

"I suddenly felt very claustrophobic. I thought, 'I can't stay here, I won't be able to concentrate, I won't be left alone,'" she says. "I don't want to put a negative light on it, as if I was escaping or anything like that. I think I wanted to meet people my own age and just be normal for a bit." METRO

"I suddenly felt very claustrophobic."
EMMA WATSON

Talking points

Jolie feeds her kids crickets

HAVING A HARD TIME BELIEVING CRICKETS ARE LIKE POTATO CHIPS Snack-time at Angelina Jolie's house is an interesting time, the actress admits.

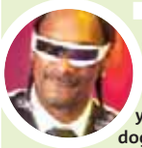
"My boys love to eat crickets. It's their favourite thing," Jolie says in a video for Louis Vuitton.

"When I first gave crickets to them I wanted them to not be turned off by something that wasn't their culture. So I bought them — and they ate them like Doritos. They wouldn't stop and brought to-go boxes home."

The boys loved the treat so much, in fact, that Jolie says she had to "ban the cricket-eating because I was afraid they were going to get sick from eating too many. They're good — they're like a potato chip." METRO

Celebrity tweets

"just did a little spring cleaning and found a twix that expired in 1995!"
@MissKelly0



@SnoopDogg
"yall on that google+ yet? add tha dogg ya digg! search "snoop dogg"

@ParisHilton
"On my first day of the juice cleanse diet"

@ConanOBrien
"You never know who you'll run into at the Warner Bros commissary. I just saw the guy who plays that guy on that show. You know - that guy!"

Slowing down in Penticton

There's nothing like a little wine therapy and al fresco dining to soothe the senses Retreat to Okanagan's relaxing wine country

GIZELLE LAU
LIFE@METRONEWS.CA

A life lived in the fast lane is never as blatantly obvious as when you're travelling, where access to the Internet — let alone a reliable 3G network — is limited and life/news updates via Twitter are not at your fingertips.

On the southern rim of Lake Okanagan, British Columbia's increasingly prominent wine region, you'll find townships like Summerland, Penticton and Naramata where "slow" is a way of life.

Slowing down begins in Naramata at Red Rooster Winery where every Friday morning, yoga instructor Teresa G. Maurer of Re:Flexions Studio in Penticton, leads Yoga D'Vine, a morning of yoga and sun salutes in the vineyard under the bright blue sky, accompanied with a light lunch on the terrace with wine and chocolate tastings.

Next up, more tabletop wine therapy on the massage table at Beyond Wrapture. With four locations throughout the valley, this wine country day spa offers a specialized Vinotherapy Massage.

Finish off the evening at Local Lounge & Grille just steps from the spa, where local cuisine and seasonally inspired dishes set the stage for one of the best wine menus in the region, offering exclusively British Columbia VQA wines from the Okanagan Valley.

Slowing down can also mean ditching the car. Bring your own bike or rent one from Freedom The Bike Shop in Penticton and cycle from winery to winery through the hilly, vine-filled landscape or along the historic Kettle Valley Railway bike trail.

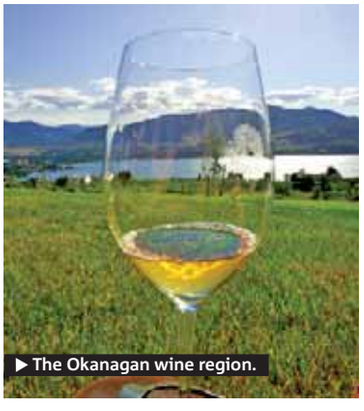
Getting there

Visit the Okanagan by flying into Penticton Regional Airport or Kelowna International Airport via Air Canada or WestJet airlines or take the five-hour drive from Vancouver.

For more info:
tourismpenticton.com

ALL PHOTOS GIZELLE LAU

Al fresco dining at God's Mountain Estate with Joy Road Catering.



The Okanagan wine region.

Yoga at the vineyard.

3 life

Theatre Festival

Tweeters and bloggers will feel right at home at the second annual Neanderthal Arts Festival, being held July 21-31 at the Vancouver East Cultural Centre (or Cultch). The festival is creating a dedicated space for smartphone addicts — a so-called Grunt Deck — where they can tell the world about the plays unfolding on stage in real time. THE CANADIAN PRESS

Wannabe sleuths search for killer, motive at museum scavenger hunts.

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Miami's hot graffiti scene

Once derided as vandalism, graffiti in the form of artistic murals has now become an accepted art form ▶ Visitors seek out the very best

Graffiti was once considered a sign of urban decay, the sort of thing that might keep tourists away from a neighbourhood. Now, not only is it an accepted art form, but it's also the subject of a new tour in one of Miami's trendiest neighbourhoods, Wynwood, where legal outdoor murals by graffiti artists cover the walls near art galleries and restaurants.

The two-hour tour — which takes place on Vespas — is offered by a company called Roam Rides. It starts with a 15-minute ride from Miami Beach over the Venetian Causeway to the Wynwood Arts District, considered the mecca of Miami's emerging arts scene, and includes four or five stops to survey the area's best graffiti.

Once considered a rough neighbourhood, Wynwood has become a destination for artists from all over the world. Art galleries abound and events are held here each December as part of the Art Basel Miami Beach art fair.

Wynwood is also now home to one of the world's largest installations of murals by multiple graffiti artists.

"It's gotten to be so pervasive and it brightens up the neighbourhood," said Kit Sullivan of Roam Rides.

"It's so not what you would expect of Miami," said Jesse Bull, an economics professor who took one of Roam Rides' recent graffiti tours. "The graffiti has kind of added to that. It livens it up and makes it fresh and artsy and I think that's a good thing."

Guides point out work by different local artists — such as Typoe and Tribe Called Phresh aka TCP — while explaining the evolution of graffiti from the days when artists plastered their names on vacant buildings and train cars as a way to gain street cred.

These days, building owners give permission to artists to spray-paint their designs, and these legal pieces share the walls of dozens of neighbourhood art galleries and chic restaurants.

They're easy to distinguish from illegal graffiti, which is often done fast, in secret and at night, with a single colour or few colours. The sanctioned murals, on the other hand, allow artists to take their time, use multiple colours and work in-depth in large spaces with elaborate details.

"It's definitely a changing art form," Sullivan said. "It's gotten to the point where a lot of these guys don't even use their names at all. They just have a certain distinctive style. You can recognize it when you see it."

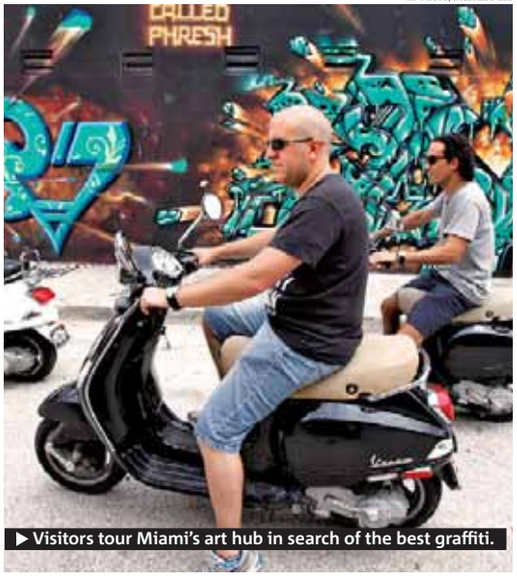
For example, artist Chor Boogie's signature work includes geometric elements and half-hidden faces, as well as an eye.

THE ASSOCIATED PRESS

AP PHOTO/WILFREDO LEE

▶ A graffiti covered wall in the Wynwood neighbourhood of Miami.

AP PHOTO/WILFREDO LEE



▶ Visitors tour Miami's art hub in search of the best graffiti.

AP PHOTO/WILFREDO LEE

▶ Graffiti artist Serch works on a wall in Miami.

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transat Holidays

The Muppets Take...Queens, N.Y.

A Big Apple exhibit explores the creative process of Jim Henson, creator of the beloved puppet characters

HANDOUT

▶ The exhibit includes Miss Piggy from her stint in The Muppets Take Manhattan.

It seems so familiar to us now — puppet characters on television that are so real, so expressive, so alive that we forget there's a human being doing the actual work behind the scenes.

There's a reason that's so familiar, say the organizers of an exhibit that opened last weekend in New York say: Jim Henson.

The master puppeteer and media innovator behind pop culture icons such as Kermit the Frog and Big Bird was a creative thinker who understood the opportunities that television and technology presented, said Karen Falk, archivist for The Jim Henson Company and curator of Jim Henson's Fantastic World.

"Jim was the first one to recognize that you can use television and get these incredibly expressive and believable performances out of puppets," Falk said. "This is why puppetry looks like this on television, because of this man."

The touring exhibit is making its last stop of a multi-year trip at the Museum of the Moving Image in Queens, where it will be on display into January.

It's fitting that the final stop is in New York — the museum is near Kaufman Astoria Studios, where Sesame Street is taped. Henson's puppet creations including Big Bird and Bert and Ernie have been a vital part of what has made the children's show a global success for decades.

The final stop is also getting something other locations didn't. Joining the drawings, cartoons and puppets on display is Miss Piggy, decked out as a bride from her stint in The Muppets Take Manhattan.

"She wasn't travelling with the exhibit, she's very sensitive," Falk said.

The exhibit gives visitors a window into Henson's creative process. It touches on his youth and family life, his influences, his artistic endeavours from a young age through the years before his unexpected death in 1990 at age 53. THE ASSOCIATED PRESS

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USA

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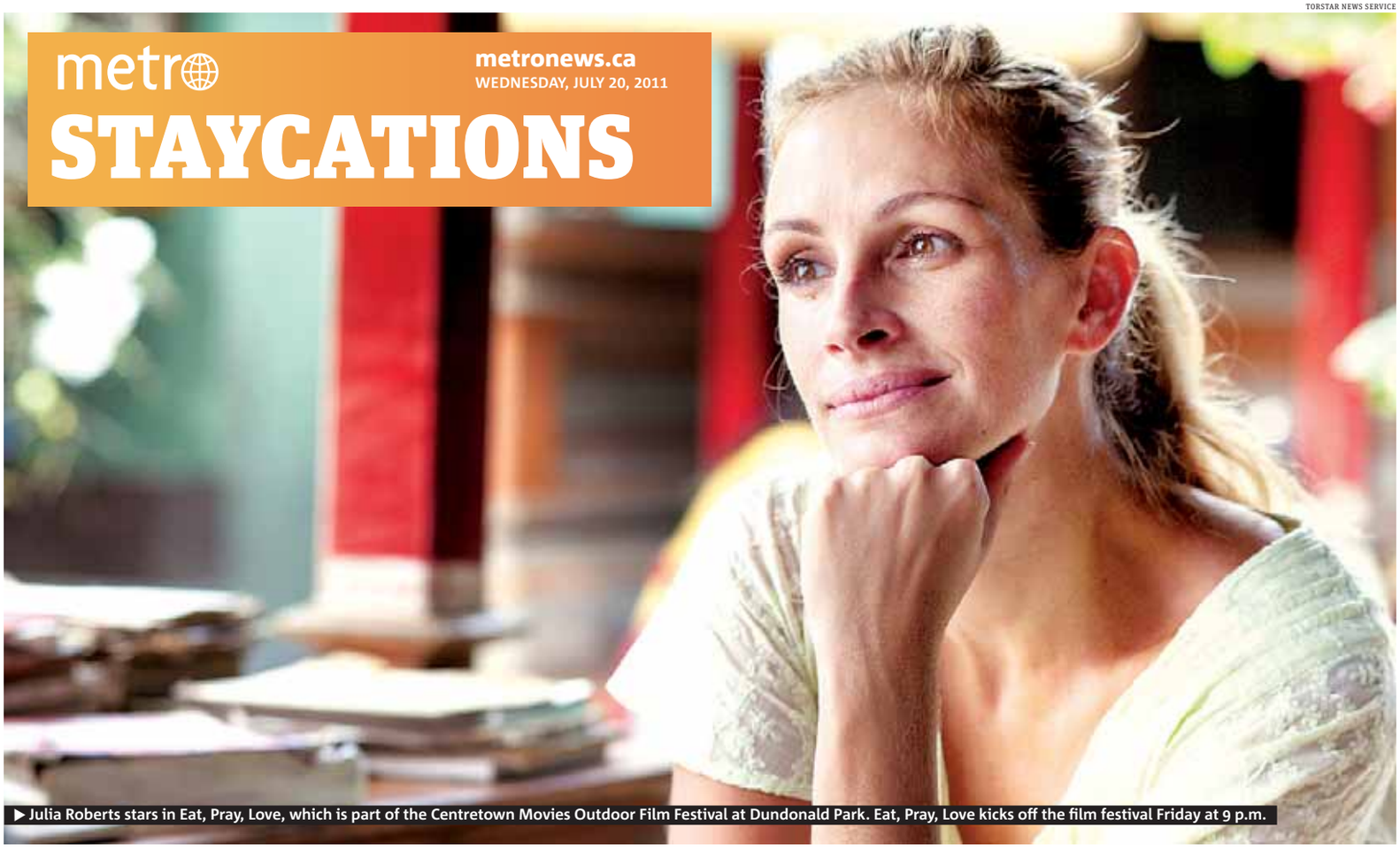

▶ Julia Roberts stars in Eat, Pray, Love, which is part of the Centretown Movies Outdoor Film Festival at Dundonald Park. Eat, Pray, Love kicks off the film festival Friday at 9 p.m.

Watch movie stars under the stars

Centretown Movies Outdoor Film Festival begins another family-friendly season Friday with Eat, Pray, Love

PAULINE ANDERSON
FOR METRO

Don't feel trapped by the confines of the city. There are a myriad of outdoor activities coming soon to the Ottawa area — and they're all free ... or close to it.

Centretown Movies

Escape into cinematic fantasy with the Centretown Movies Outdoor Film Festival. Starting Friday and running every weekend until Aug. 13, the festival screens family-friendly films, beginning at 9 on Friday and Saturday evenings.

Located in the heart of downtown at Dundonald Park (512 Somerset St. W.), the event is free. Bring your own lawn chairs and blankets. But take note: Refreshments are self-supplied, so make sure you come prepared. The season kicks off Friday with Eat, Pray, Love starring Julia Roberts. Despicable Me, a funny, computer-animated flick featuring the voices of Steve Carell and other stars, screens Saturday. For more, visit csit.carleton.ca/~arya/cm/index.html.

Turkish Festival

For more free fun and thrills, visit the Ottawa Turkish Festival.

Enjoy authentic food, original dance and music, plus beautiful Turkish artwork. As a bonus, it's geared to families and offers activities that children of all ages can enjoy, including face painting, games, and even an inflatable village. It's already underway, but the bulk of events run this weekend in Confederation Park from noon to 9 p.m.

Watch the Turkish parade, starting at noon Friday at the Sparks Street Mall, then take part in the festival opening gala at city hall that begins at 5 p.m. For more, visit ottawaturkishfestival.com.

Music Under The Stars

With only a few days left, don't miss out on the Music Under The Stars concert series presented by the Richelieu-Vanier Community Centre.

Enjoy a beautiful summer evening listening to French jazz music and don't pay a cent. The event runs until tomorrow from 7-9 p.m. at Richelieu-Vanier Park (300 des Pères-Blancs Ave.) Bring a few lawn chairs, open ears and the kids — this concert is sure to please music lovers of all ages. The event will be held indoors if the weather turns sour. For more, see ensemblepourvanier.com.

Antony and Cleopatra

While this next event isn't exactly free (it's "pass the hat," pay what you can with a suggested donation starting at $10), it's definitively worth catching. It's a version of Antony and Cleopatra that is possibly one of Shakespeare's funniest tragedies.

Performed by A Company of Fools, Ottawa's only professional Shakespeare company, it runs at various theatres and outdoor venues around the national capital region until Aug. 20. All performances begin at 7 p.m. Visit fools.ca for a list of dates and locations.

Gatineau Park

For another free outdoor activity, pack the family into the car (take your bikes if you want) and drive up to Gatineau Park, a stunning 361-acre park and nature reserve that's just 15 minutes from downtown Ottawa.

And don't forget the swimsuits; there are lots of crystal-clear lakes throughout the park.

Camping at home

Spare traffic headaches and stay in your backyard

The summer has finally arrived, meaning warm weather and long weekends.

If you and your family are struggling to find ways to entertain the children on long weekends that are spent at home take a look at the following ideas to make a weekend at home feel like a weekend away.

Here are some ideas to bring the campsite to the suburbs:

- Set up a tent in the backyard. The kids and their friends can have a sleepover outside. Note to parents: This would be recommended only for children 10 and older.
- Create a camping-themed meal with Rocket Dogs and s'mores for dessert. Grill hotdogs on the barbecue for two to five minutes and toast the bun just before serving. Place triangle cheese at one end of the hotdog and top with condiments.
- To make simple s'mores: Toast graham crackers in a toaster oven until golden brown. Spread with your favourite chocolate hazelnut spread, top with marshmallows and serve.
- Set up some camping chairs outside to eat.
- Get out the flashlights for bedtime and tell ghost stories. **NEWS CANADA**

GOODSHOOT/THINKSTOCK

Give kids a camping experience in your own backyard.

Drink of the week

Banana Split Smoothie

Start your active day with this fruit, yogurt and chocolate milk smoothie.

- 500 ml (2 cups) chocolate milk
- 500 ml (2 cups) strawberry yogurt
- 250 ml (1 cup) frozen or fresh strawberries
- 1 banana

In blender, puree all ingredients at high speed until smooth. Garnish glasses with straws and fresh fruit.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Great eats, no effort required

With the summer weather making everyone dread standing over a hot stove for too long, a sandwich-and-salad combo is perfect ▶ This isn't your regular ham and cheese on toast

It was late. My son was hungry, tired and cranky. We'd just arrived at our rental apartment and there was virtually no food in the refrigerator. All I could scrounge were some slices of whole-wheat bread, sliced ham and cream cheese. So I combined them into what was a surprise instant hit.

Now that we're back home, I decided to play with it a bit to see if I could up the nutrition. So I added baby spinach and sun-dried tomatoes.

Now it wasn't just delicious, but also ever-so-slightly more nutritious.

Ingredients:

- 60 g (2 oz) cream cheese
- 2 slices whole-wheat sandwich bread
- 125 ml (1/2 cup) baby spinach leaves
- 5 oil-packed sun-dried tomatoes, drained and patted dry
- 3 slices deli-sliced ham
- Ground black pepper
- Cooking spray

Preparation:

1. Spread cream cheese evenly over 1 side of each slice of bread. Top 1 slice with spinach, sun-dried tomatoes and ham. Season ham with black pepper, then finish sandwich with remaining slice of bread, cream cheese side in.
2. Heat small skillet over medium. Coat pan with cooking spray. Add sandwich and toast for 4 minutes on each side. Serve immediately.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ Toasting the sandwich offers a great contrast to the cream cheese.

Pair your sandwich with this Tomato and Arugula Salad, splashed with mustard vinaigrette

Preparation:

1. Into a bowl, juice fruits and strain pulp. Add mustard and honey to juice and stir well. Whisk in oil and season with salt. Add chives. Vinaigrette will keep in the fridge for at least a week.
2. Arrange sliced tomatoes on individual plates in a circle (4 slices per plate). Place red onion rings on top of the tomatoes but away from tomato edges. Place 5 orange sections around onion rings closer to centre. Cut stems off arugula close to the top, wash. Place bunch in centre of each plate. Dress the salad with vinaigrette and serve immediately.

THE CANADIAN PRESS/ MAILLE.CA

Ingredients:

Mustard and Citrus Vinaigrette

- 3 pink grapefruit, juiced
- 2 limes, juiced
- 2 lemons, juiced
- 3 oranges, juiced
- 30 ml (2 tbsp) grainy mustard
- 30 ml (2 tbsp) honey
- 50 ml (1/4 cup) canola oil
- Salt, to taste
- 15 ml (1 tbsp) chopped chives

Tomato and Arugula Salad

- 6 bunches arugula
- 250 ml (1 cup) whole-grain mustard and citrus vinaigrette
- 3 to 4 fresh tomatoes, cut in 0.5- to 1-cm (1/4- to 1/2-inch) thick slices
- 1 to 2 red onions, peeled and thinly sliced
- 3 to 4 oranges, peeled and cut into wedges between pith

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From lunch to landing the job

STUDENT VOICE

AKSHAY KOCHAR
TALENTEGG.CA

It was March, university would be done in another month and I had yet to put any thought into what I wanted to do next. It didn't help that everyone would ask, "So, you're almost done. Any jobs lined up?"

I'm sure every student reading this can relate.

During that time, I was interning at Guardly, a position I had obtained after seeing it on TalentEgg. I was learning a lot about the technology community in Toronto, and was amazed at the quality of start-ups that the city was producing. During this internship, and with a little help from one of my university professors, I found Agility CMS, a content management company.

I contacted one of the co-founders and introduced myself. Thankfully, he was willing to take some time out of his day to do an informational interview with me over lunch. This was a great experience as it allowed me to learn more about his company and the industry as a whole.

We kept in touch after that lunch via email and, about a month later when a position became available, he asked me if I was interested in going through the interview process.

So, one lunch interview, two phone interviews, two in-person interviews and a full reference check later, I graciously accepted Agility's offer to become their new project co-ordinator.

I strongly urge employers to take the risk on recent graduates.

Find out more about which program they took and what types of courses were involved. There are so many new programs out there that give students a tremendous amount of knowledge and experience.

For instance, the Digital Enterprise Management program at the University of Toronto Mississauga enables students to learn about business, marketing, design, project management and entrepreneurship. This broad skill-set allows the recent graduate to apply themselves in a vast array of positions in any company.

Sure, someone who has worked in the industry may have some advantages over a recent graduate, however, I can confidently say that because recent graduates have the urge to continue learning, they can apply themselves just as efficiently.

For students, I cannot stress enough the importance of networking in any way possible.

Whether it's at a formal networking event or in the line-up of a fast food restaurant. Perhaps the person about to order a foot-long chicken teriyaki sub is actually the CEO of that marketing company you've been trying to apply at. Be ready, your elevator pitch just became your Subway pitch.

It is also important to build a personal relationship with the company you are trying to apply to. The best way to do this is to send an email to whomever you think can help you obtain the position you want. This could be the VP of the department you want to work in, or the head of HR.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Akshay's experience:

- Informational interviews are a great way to learn about an industry or a specific job within an industry. They also provide you with a contact that could, if you're lucky, lead to a job down the road.
- Look for jobs in unconventional places and always be prepared with a quick pitch that explains what you can bring to the company.

SUBMITTED

▶ Akshay Kochar advises recent graduates to show initiative. If you find out about a job through LinkedIn, he suggests emailing the person who posted directly rather than applying through the website.

Where Akshay is now

Although I received another job offer (besides Agility) about one month after graduating, I knew the position with Agility better suited my skills and had more potential for growth. So, although I had yet to obtain the position with Agility, I took a risk and turned down the first offer. Then, I did everything possible to ensure I received that second offer.

Thankfully, I did receive an offer from Agility and will be starting my role as Project Co-ordinator in the near future!

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BE UPFRONT WHEN ILL

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

There is a new war being waged in Canadian workplace law, and its battleground is not even a courtroom.

This conflict unfolds at doctors' offices when employees claim that they are too sick to work and employers stubbornly disagree. The result is usually a letter-writing war between medical experts, insurance claims examiners and eventually the lawyers.

Employees are entitled to "accommodation" for illnesses and disabilities (even perceived ones), and employers must take all reasonable steps to comply.

Although the law may be clear-cut, the facts are seldom straightforward. A "headache" to one physician may be a chronic illness to another. Given the potential for confusion, disputes often arise. When faced with a challenged sick leave claim, employees ought to do as follows:

Do not assume that your employer can read your mind. Put your request for a leave in writing and say that you will immediately visit your doctor to confirm your illness.

When you see your doctor, ensure that he or she provides a letter and one with a real explanation. The single most common cause of an incredulous employer is a medical note that simply states that you are "off work until further notice." If you are too sick to do your job, your doctor must say that you cannot perform any work at all, even modified employment.

Do not rashly resist a request for better medical information. In my experience, employees too often refuse to provide further evidence that they are ill. When they do so, they appear as if they are lying. While you do not need to disclose every detail about a medical condition, some details are necessary for the employer to determine how best to accommodate you upon your return to work.

If you are prescribed a medical treatment plan, follow it. I have seen many sick leave claims rejected because the employee refused or "forgot" to follow a doctor's instructions.

Do not consider sick leave an entitlement.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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Canadian gets the assist

Hesjedal helps Hushovd win rainy 16th stage of Tour de France
Voeckler still leads race, but Contador and Evans make gains

Canadian Ryder Hesjedal raised his arms in jubilation as he crossed the finish line yesterday.

The 30-year-old from Victoria was third, but he had just scored a glorious assist to help Garmin-Cervelo teammate Thor Hushovd win the 16th stage of the Tour de France.

Hesjedal, who came into the stage 32nd overall in the standings, attacked midway through the 162.5-kilometre course. While others fell back or launched their own attacks, he persevered.

There were just three men left in the rain as the finish line neared: Hesjedal and two Norwegians, Hushovd and Edvald Boasson Hagen.

The Canadian led the way, looking back at Hagen on his shoulder as he shifted position in the final sprint. Hushovd, one of cycling's marquee men, hung back and then accelerated while Hagen wasn't looking. He rocketed over the line, with his Norwegian rival second and a delighted Hesjedal third, two seconds behind.

It was Garmin-Cervelo's fourth stage win of the Tour.

"It was great. This Tour's been so good for our team," Hesjedal told The Canadian Press.

"For me, there's been highs and lows. To have a big high today and ride well, it's definitely going to be remembered."

"To be able to push the pace and get close to the win and make the win happen for the team — it doesn't get better than that."
RYDER HESJEDAL

Hesjedal showed his endurance during the stage and then his smarts at the end.

"Thor's obviously one of the fastest guys in the world and so is Edvald, so we just had to make sure we played it exactly right to come up with the victory," he said.

Hesjedal's own general classification hopes were dashed the first week when he lost time and was hurt in a crash on Stage 7.

But he continues to ride for the team, supporting American Tom Danielson while contributing to the Garmin-Cervelo overall campaign — the times from the top three riders from each squad is counted in the team standings.

Hesjedal was seventh in last year's race, when he had two fourth-place individual stage finishes.

He moved up four places to 28th overall after his heroics yesterday and stands 20 minutes 36 seconds behind leader Thomas Voeckler of France.

THE CANADIAN PRESS

LAURENT REBOURS/THE ASSOCIATED PRESS

▶ Ryder Hesjedal celebrates as teammate Thor Hushovd crosses the finish line yesterday.

Lightning lock up Stamkos until 2016

Steven Stamkos finally has a new deal with the Tampa Bay Lightning.

The 21-year-old forward signed a $37.5-million US, five-year contract extension yesterday, ending a set of negotiations that extend all the way back to last year.

"I am excited we were able to reach an agreement today," Stamkos said in a release. "This was obviously very important to me ... There is no place I'd rather be than as a member of the Tampa Bay Lightning."

Stamkos had been a restricted free agent since July 1 and there was much speculation he'd be the target of an offer sheet.

Stamkos will receive $8 million each of the next four seasons and $5.5 million in 2015-16.

THE CANADIAN PRESS

Sports in brief

NBA releases schedule

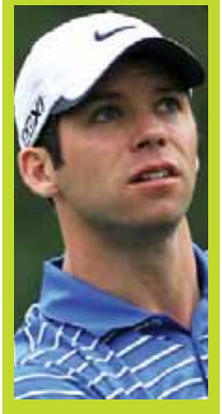
OPENER. The Toronto Raptors will host the Philadelphia 76ers to open their NBA schedule — if the season begins on time. The NBA released its complete 2011-12 schedule yesterday despite being in a lockout. **THE CANADIAN PRESS**

Rangers raise railings

MLB. The Texas Rangers plan to make all the protective railings at their stadium the same height, raising some as much as 30 centimetres to make their stadium safer following the death of a fan. **THE ASSOCIATED PRESS**

4 sports

Quoted



"It's actually got players talking on Tour, which is kind of cool. I think RBC is on to something by taking (the tournament) around Canada to the best golf courses they can find."

ENGLISH GOLFER PAUL CASEY, EXPRESSING HIS APPROVAL FOR BRINGING THE CANADIAN OPEN TO VANCOUVER'S SHAUGHNESSY GOLF AND COUNTRY CLUB. THE TOURNAMENT STARTS ON THURSDAY.

Scan code for more sports news.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	58	37	.611	—
New York	56	37	.602	1
Tampa Bay	50	44	.532	7½
Toronto	47	49	.490	11½
Baltimore	39	55	.415	18½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	51	44	.537	—
Detroit	50	45	.526	1
Chicago	47	49	.490	4½
Minnesota	44	51	.463	7
Kansas City	38	58	.396	13½

WEST DIVISION

	W	L	Pct	GB
Texas	55	41	.573	—
Los Angeles	51	45	.531	4
Seattle	43	52	.453	11½
Oakland	42	54	.438	13

Last night's results
Baltimore 6 Boston 2
Oakland at Detroit
Seattle at Toronto
N.Y. Yankees at Tampa Bay
Chicago White Sox at Kansas City
Cleveland at Minnesota
Texas at L.A. Angels
Monday's results
Cleveland 5-6 Minnesota 2-3
Boston 15 Baltimore 10
N.Y. Yankees 5 Tampa Bay 4
Chicago White Sox 5 Kansas City 2
Today's games
Boston (A.Miller 3-1) at Baltimore (Arrieta 9-6), 12:35 p.m.
Cleveland (Tomlin 11-4) at Minnesota (Blackburn 7-6), 1:10 p.m.
Oakland (McCarthy 2-5) at Detroit (Below 0-0), 7:05 p.m.
Seattle (Vargas 6-7) at Toronto (Morrow 6-4), 7:07 p.m.
N.Y. Yankees (F.Garcia 7-7) at Tampa Bay (Price 9-7), 7:10 p.m.
Chicago White Sox (Danks 3-8) at Kansas City (Chen 5-3), 8:10 p.m.
Texas (D.Holland 8-4) at L.A. Angels (Haren 10-6), 10:05 p.m.
Tomorrow's games
Seattle at Toronto, 12:37 p.m.
Texas at L.A. Angels, 3:35 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Detroit at Minnesota, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	59	36	.621	—
Atlanta	57	39	.594	2½
New York	48	48	.500	11½
Washington	48	48	.500	11½
Florida	47	49	.490	12½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	51	44	.537	—
Milwaukee	51	46	.526	1
St. Louis	50	46	.521	1½
Cincinnati	47	50	.485	5
Chicago	39	58	.402	13
Houston	31	65	.323	20½

WEST DIVISION

	W	L	Pct	GB
San Francisco	56	41	.577	—
Arizona	52	44	.542	3½
Colorado	45	51	.469	10½
Los Angeles	42	54	.438	13½
San Diego	41	55	.427	14½

Last night's results
Pittsburgh 1 Cincinnati 0
N.Y. Mets 4 St. Louis 2
San Diego at Florida
Philadelphia at Chicago Cubs
Washington at Houston
Atlanta at Colorado
Milwaukee at Arizona
L.A. Dodgers at San Francisco
Monday's results
Pittsburgh 2 Cincinnati 0
Florida 4 N.Y. Mets 1
Chicago Cubs 6 Philadelphia 1
Washington 5 Houston 2
Atlanta 7 Colorado 4
Arizona 3 Milwaukee 0
San Francisco 5 L.A. Dodgers 0
Today's games
Cincinnati (Cueto 5-3) at Pittsburgh (Karstens 8-4), 12:35 p.m.
Washington (L.Hernandez 5-9) at Houston (Myers 3-10), 2:05 p.m.
Philadelphia (Worley 5-1) at Chicago Cubs (Dempster 7-6), 2:20 p.m.
L.A. Dodgers (Kershaw 10-4) at San Francisco (Lincecum 8-7), 3:45 p.m.
San Diego (Harang 7-2) at Florida (Nolasco 6-6), 7:10 p.m.
St. Louis (McClellan 6-6) at N.Y. Mets (Dickey 4-8), 7:10 p.m.
Atlanta (T.Hudson 9-6) at Colorado (Nicasio 4-2), 8:40 p.m.
Milwaukee (Narveson 6-6) at Arizona (J.Saunders 6-8), 9:40 p.m.
Tomorrow's games
San Diego at Florida, 12:10 p.m.
St. Louis at N.Y. Mets, 12:10 p.m.
Atlanta at Colorado, 3:10 p.m.
Milwaukee at Arizona, 9:40 p.m.

ORIOLES 6, RED SOX 2

Boston	ab	r	h	bi	Baltimore	ab	r	h	bi
Ellsury cf	4	0	1	0	Angle lf	4	0	0	0
Pedroia 2b	4	0	1	0	Hardy ss	3	0	0	0
AdGnzl 1b	4	0	0	0	Markks rf	3	1	0	0
Youkils 3b	4	0	0	0	AdJons cf	4	1	2	0
Reddck lf	4	1	3	0	Wieters c	3	2	2	1
Crwfrd dh	4	0	0	0	D.Lee 1b	4	1	1	2
Sltlmch c	3	1	1	2	MrRynl 3b	4	1	3	2
J.Drew rf	3	0	1	0	Reimld dh	3	0	0	1
Scutaro ss	2	0	1	0	BDavis 2b	3	0	0	0
					Andino 2b	0	0	0	0
Totals	**32**	**2**	**8**	**2**	**Totals**	**31**	**6**	**8**	**6**

Boston	**000**	**020**	**000** — **2**
Baltimore	**021**	**000**	**03x** — **6**

DP—Boston 1, Baltimore 2. LOB—Boston 4, Baltimore 5. 2B—Reddick (6), Mar.Reynolds (18). HR—Saltalamacchia (8), D.Lee (10), Mar.Reynolds (21). SB—C.Crawford (9). CS—Scutaro (1).

Boston	IP	H	R	ER	BB	SO
Weiland L,0-1	6	6	3	3	3	2
Aceves	2	2	3	3	1	1
Baltimore						
Guthrie W,4-13	7	8	2	2	1	4
Ji.Johnson S,1-5	2	0	0	0	0	0

Umpires—Home, Mike Muchlinski; First, Mike Winters; Second, Mike Everitt; Third, Chris Guccione.
T—2:37. A—32,314 (45,438).

CFL

WEEK FOUR

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	3	0	0	109	68	6
Winnipeg	3	2	1	0	66	53	4
Hamilton	3	1	2	0	59	55	2
Toronto	3	1	2	0	56	83	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	3	3	0	0	103	55	6
Calgary	3	2	1	0	76	75	4
B.C.	3	0	3	0	75	97	0
Saskatchewan	3	0	3	0	56	114	0

Friday's game
All times Eastern
Hamilton at B.C., 10 p.m.
Saturday, July 23
Winnipeg at Toronto, 4 p.m.
Edmonton at Calgary, 7 p.m.
Sunday, July 24
Saskatchewan at Montreal, 7 p.m.

CYCLING

TOUR DE FRANCE

At Gap, France
16th stage
162.5 kilometres

1. Thor Hushovd, Norway, Garmin-Cervelo, three hours, 31 minutes, 38 seconds; 2. Edvald Boasson Hagen, Norway, Sky Procycling, same time; **3. Ryder Hesjedal, Victoria, Garmin-Cervelo, two seconds behind**; 4. Tony Martin, Germany, HTC-Highroad, 0:38; 5. Mikhail Ignatyev, Russia, Katusha, 0:52: 6. Alan Perez, Spain, Euskaltel-Euskadi, 1:25; 7. Jeremy Roy, France, Francaise des Jeux, s.t.; 8. Marco Marcato, Italy, Vacansoleil-DCM, 1:55; 9. Dries Devenyns, Belgium, Quick Step, s.t.; 10. Andriy Grivko, Ukraine, Astana, 1:58.

11. Cadel Evans, Australia, BMC, 4:23; 12. Alberto Contador, Spain, Saxo Bank Sungard, 4:26; 13. Samuel Sanchez, Spain, Euskaltel-Euskadi, s.t.; 14. Jose Joaquin Rojas, Spain, Movistar, 4:44; 15. Philippe Gilbert, Belgium, Omega Pharma-Lotto, s.t.; 16. Rein Taaramae, Estonia, Cofidis, s.t.; 17. Peter Velits, Slovakia, HTC-Highroad, s.t.; 18. Thomas Voeckler, France, Europcar, 65 hours, s.t.; 19. Rob Ruijgh, Netherlands, Vacansoleil-DCM, s.t.; 20. Rigoberto Uran, Colombia, Sky Procycling, s.t.

OVERALL STANDINGS
(after 16 stages)

1. Thomas Voeckler, France, Europcar, 69 hours, zero minutes, 56 seconds; 2. Cadel Evans, Australia, BMC, 1:45 behind leader; 3. Frank Schleck, Luxembourg, Leopard-Trek, 1:49; 4. Andy Schleck, Luxembourg, Leopard-Trek, 3:03; 5. Samuel Sanchez, Spain, Euskaltel-Euskadi, 3:26; 6. Alberto Contador, Spain, Saxo Bank Sungard, 3:42; 7. Ivan Basso, Italy, Liquigas-Cannondale, 3:49; 8. Damiano Cunego, Italy, Lampre-ISD, 4:01; 9. Tom Danielson, U.S., Garmin-Cervelo, 6:04; 10. Rigoberto Uran, Colombia, Sky Procycling, 7:55.

11. Jean-Christophe Peraud, France, AG2R La Mondiale, 8:20; 12. Kevin De Weert, Belgium, Quick Step, 9:00; 13. Rein Taaramae, Estonia, Cofidis, 9:02; 14. Pierre Rolland, France, Europcar, 9:53; 15. Peter Velits, Slovakia, HTC-Highroad, 10:01; 16. Arnold Jeannesson, France, Francaise des Jeux, 10:05; 17. Haimar Zubeldia, Spain, RadioShack, 10:38; 18. Jelle Vanendert, Belgium, Omega Pharma-Lotto, 12:06; 19. Rob Ruijgh, Netherlands, Vacansoleil-DCM, 12:56; 20. Jerome Coppel, France, Saur-Sojasun, 13:03.

Also
28. Ryder Hesjedal, Victoria, Garmin-Cervelo, 20:36 behind.

TENNIS

ATP BET-AT-HOME OPEN

At Hamburg, Germany
Yesterday's results
Singles — First Round

Marsel Ilhan, Turkey, def. Philipp Petzschner, Germany, 6-2, 4-6, 7-6 (5).

Radek Stepanek, Czech Republic, def. Andreas Beck, Germany, 7-5, 7-6 (2).

Juan Monaco, Argentina, def. Simone Bolelli, Italy, 6-3, 7-5.

Daniel Gimeno-Traver, Spain, def. Marcel Granollers, Spain, 6-3 (retired).

Pablo Andujar, Spain, def. Julien Benneteau, France, 6-2, 6-2.

Cedrik-Marcel Stebe, Germany, def. Juan Carlos Ferrero, Spain, 6-3, 6-2.

Philipp Kohlschreiber, Germany, def. Andrey Golubev, Kazakhstan, 7-5, 6-3.

Second Round

Mikhail Youzhny (4), Russia, def. Carlos Berlocq, Argentina, 7-5, 7-6 (7).

Gilles Simon (5), France, def. Sergiy Stakhovsky, Ukraine, 6-2, 6-1.

Tobias Kamke, Germany, def. Juan Ignacio Chela (7), Argentina, 6-1, 6-4.

Jarkko Nieminen, Finland, def. Alexandr Dolgopolov (10), Ukraine, 6-3, 1-6, 6-4.

Julian Reister, Germany, def. Guillermo Garcia-Lopez (14), Spain, 7-6 (5), 6-2.

Fabio Fognini (15), Italy, def. Victor Crivoi, Romania, 6-1, 7-5.

WTA BAKU CUP

At Baku, Azerbaijan
Singles — First Round

Vera Zvonareva (1), Russia, def. Nigina Abduraimova, Uzbekistan, 6-1, 7-5.

Anastasia Pavlyuchenkova (2), Russia, def. Valeria Solovieva, Russia, 7-5, 6-4.

Elena Vesnina (3), Russia, def. Yana Buchina, Russia, 6-2, 3-6, 7-5.

Ekaterina Makarova (4), Russia, def. Anne Kremer, Luxembourg, 6-1, 6-4.

Monica Niculescu (5), Romania, def. Eirini Georgatou, Greece, 5-1 (retired).

Ksenia Pervak (7), Russia, def. Noppawan Lertcheewakarn, Thailand, 3-6, 6-1, 7-5.

Anna Tatishvili, Georgia, def. Evgeniya Rodina (8), Russia, 6-4, 6-2.

Aravane Rezai, France, def. Kamilla Farhad, Azerbaijan, 6-0, 6-2

Tatia Mikadze, Georgia, def. Nina Khrisanova, Russia, 6-0, 6-0.

Elena Bovina, Russia, def. Zarina Diyas, Kazakhstan, 6-0, 3-6, 7-5.

Anastasiya Yakimova, Belarus, def. Valeria Savinykh, Russia, 6-3, 6-4.

Kateryna Bondarenko, Ukraine, def. Lesia Tsurenko, Ukraine, 6-3, 6-2.

Kristina Kucova, Slovakia, def. Tetyana Arefyeva, Ukraine, 6-3, 6-3.

ATP ATLANTA CHAMPIONSHIPS

At Norcross, Ga.
Singles — First Round

Rajeev Ram, India, def. Grigor Dimitrov (5), Bulgaria, 6-4, 6-4.

Marinko Matosevic, Australia, def. Igor Kunitsyn (6), Russia, 6-7 (3), 6-2, 7-5.

Lleyton Hewitt, Australia, def. Phillip Simmonds, U.S., 6-4, 6-4.

Yen-hsun Lu, Taiwan, def. Matthias Bachinger, Germany, 7-5, 7-6 (4).

Nicolas Mahut, France, def. Richard Berankis, Lithuania, 7-6 (5), 6-2.

Ryan Harrison, U.S., def. Yuichi Sugita, Japan, 6-1, 7-6 (5).

Robby Ginepri, U.S., def. Tommy Haas, Germany, 6-4, 7-5.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	19	8	4	7	24	16	31
New York	21	6	4	11	34	24	29
Columbus	19	7	5	7	21	19	28
Houston	20	5	6	9	24	23	24
D.C. United	18	5	5	8	24	29	23
Kansas City	19	5	6	8	24	25	23
Chicago	20	2	6	12	20	25	18
Toronto	21	3	9	9	17	36	18
New England	19	3	9	7	16	27	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	22	10	4	8	32	23	38
Dallas	20	10	5	5	26	19	35
Real Salt Lake	17	8	3	6	23	12	30
Colorado	21	6	6	9	25	27	27
San Jose	19	5	6	8	22	21	23
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.
Tonight's games
All Times Eastern
New England at D.C. United, 7:30 p.m.
Dallas at Toronto, 8 p.m.
New York at Colorado, 9:30 p.m.
Vancouver at San Jose, 10 p.m.
Columbus at Los Angeles, 10:30 p.m.

2011 COPA AMERICA

At Sites in Argentina

SEMIFINALS

Last night's result
All Times Eastern
At La Plata
Peru vs. Uruguay
Tonight's game
At Mendoza
Paraguay vs. Venezuela, 8:45 p.m.

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND

SECOND LEG
Yesterday's results
BATE Borisov (Belarus) 2 Linfield (Northern Ireland) 0
(Borisov advances on 3-1 aggregate)
Dudelange (Luxembourg) 1 Maribor (Slovenia) 3
(Maribor advances 5-1)
Ekranas (Lithuania) 1 Valletta (Malta) 0
(Ekranas advances 4-2)
Flora Tallinn (Estonia) 0 Shamrock Rovers (Ireland) 0
(Rovers advances 1-0)
HJK Helsinki (Finland) 10 Bangor City (Wales) 0
(Helsinki advances 13-0)
Litex Lovech (Bulgaria) 3 Mogren (Montenegro) 0
(Litex advances 5-1)
Neftci (Azerbaijan) 0 Dinamo Zagreb (Croatia) 0
(Dinamo advances 3-0)
Skendija (Macedonia) 0 Partizan (Serbia) 1
(Partizan advances 5-0)
Tobol Kostanay (Kazakhstan) 1 Slovan Bratislava (Slovakia) 1
(Slovan advances 3-1)
Torshavn (Faeroe Islands) 1 Malmo (Sweden) 1
(Malmo advances 3-1)
Viktoria Plzen (Czech Republic) 5 Pyunik (Armenia) 1
(Plzen advances 9-1)
Wisla Krakow (Poland) 2 Skonto Riga (Latvia) 0
(Krakow advances 3-0)
Today's games
APOEL (Cyprus) vs. Skenderbeu (Albania)
Breidablik (Iceland) vs. Rosenborg (Norway)
Borac Banja Luka (Bosnia-Herzegovina) vs. Macabi Haifa (Israel)
Dacia Chisinau (Moldova) vs. Zestafoni (Georgia)
Videoton (Hungary) vs. Sturm Graz (Austria)

TRANSACTIONS

BASEBALL

COMMISSIONER'S OFFICE—Suspended Cincinnati minor league RHP Daniel Tuttle 50 games for a second violation of the Minor League Drug Prevention and Treatment Program for a drug of abuse.
MAJOR LEAGUE BASEBALL—Suspended St. Louis INF Ryan Theriot two games and fined him an undisclosed amount for his inappropriate actions during Sunday's game at Cincinnati.

AMERICAN LEAGUE

BALTIMORE ORIOLES—Activated RHP Alfredo Simon from the restricted list. Optioned INF Josh Bell to Norfolk (IL). Transferred 2B Brian Roberts to the 60-day DL.
KANSAS CITY ROYALS—Recalled LHP Danny Duffy from Omaha (PCL). Sent LHP Everett Teaford to Omaha.
NEW YORK YANKEES—Placed RHP Sergio Mitre on the 15-day DL. Recalled LHP Steve Garrison from Trenton (EL).
OAKLAND ATHLETICS—Designated LHP Jerry Blevins for assignment. Recalled RHP Guillermo Moscoso from Sacramento (PCL).
TEXAS RANGERS—Traded LHP Zach Phillips to Baltimore for INF/OF Nick Green and cash considerations.
TORONTO BLUE JAYS—Activated RHP Casey Janssen from the 15-day DL. Optioned LHP Luis Perez to Las Vegas (PCL).

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Recalled RHP Barry Enright from Reno (PCL). Released RHP Aaron Heilman.
HOUSTON ASTROS—Traded 2B Jeff Keppinger to San Francisco for RHP Henry Sosa and RHP Jason Stoffel. Selected the contract of INF Jose Altuve from Corpus Christi (TL).
NEW YORK METS—Activated SS Jose Reyes from the 15-day DL. Placed C Josh Thole on the paternity leave list.
PHILADELPHIA PHILLIES—Activated OF Shane Victorino from the 15-day DL. Optioned INF Pete Orr to Lehigh Valley (IL).
ST. LOUIS CARDINALS—Agreed to terms with OF C.J. McElroy and assigned him to the GCL Cardinals.
SAN FRANCISCO GIANTS—Agreed to terms with RHP Kyle Crick, LHP Bryce Bandilla, RHP Derek Law, RHP Clayton Blackburn, RHP Paul Davis, RHP Cody Hall, RHP DeMondre Arnold, LHP Steven Snodgrass, LHP Philiip McCormick, RHP Danny Sandbrink, LHP Brian Maloney, INF Joseph Panik, INF Jean Delgado, INF Kelby Tomlinson, INF Garrett Buechele, INF Jonathan Jones, INF Ben Thomas, INF Bryan Nicholson, OF Kentrell Hill, OF Christian Diaz, OF Eldred Barnett, OF Michael Mergenthaler, OF Rashawn Payne and OF Elliot Blair.
WASHINGTON NATIONALS—Reinstated RHP Chad Gaudin from the 15-day DL and designated him for assignment.

HOCKEY

NHL

ANAHEIM DUCKS—Signed C Andrew Cogliano to a three-year contract.
BUFFALO SABRES—Re-signed D Andrej Sekera and F Matt Ellis to multiyear contracts.
DALLAS STARS—Agreed to terms with F Raymond Sawada on a one-year contract.
DETROIT RED WINGS—Announced the retirement of G Chris Osgood, who will remain with the team as a goaltending consultant.
NEW JERSEY DEVILS—Named Peter DeBoer coach.
PHOENIX COYOTES—Signed F Brett MacLean, F Kyle Chipchura, F Marc-Antoine Pouliot and F Mathieu Beaudoin to one-year contracts.
SAN JOSE SHARKS—Signed C Andrew Murray to a one-year contract.
TAMPA BAY LIGHTNING—Agreed to terms with F Steven Stamkos on a five-year contract.
WINNIPEG JETS—Agreed to terms with F Jason Jaffray.

Engine

The Accent's slick new body styles are matched with an equally slick 1.6-litre engine that produces 138 horsepower and 123 pound-feet of torque. Both numbers are substantially better than the outgoing 1.6's 110 horses and 106 pound-feet.

Since the Accent's curb weight remains essentially unchanged, the higher output gives the Accent considerably more pep.

Shape: All in the family

The sedan's new sheetmetal contains Hyundai's familial shape that has already been imprinted on the Sonata and Elantra models, especially the deeply sculpted crease extending along the doors and fenders and ending with a hiked-up rear deck.

The same is essentially true for the wagon-like hatchback, although its sweeping roofline, curvaceous liftgate and dominating taillamps make it the most practical Accent and arguably the best looking of the two.

Direct injection, emissions

The new powerplant benefits from the latest in engine-building technology, including direct injection whereby precise amounts of highly pressurized fuel is sprayed into the combustion chamber (instead of through the intake manifold) which means more power and reduced emissions.

As well, a special hard diamond-based coating has been added to the engine's camshaft components to reduce valvetrain friction.

▶ Hyundai's focus used to be on inexpensive transportation – period. But now you can add style, pep and fuel economy to the description.

Finally there's an Accent that boasts style

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

What took Hyundai so long?

For six long model years (2006-'11), the Korea-based automaker kept churning out the same basic Accent econo-car while the competition was busy updating or completely renewing its basic-transportation offerings.

Whatever the reason, the long wait ends now with the release of the fourth-generation Accent duo.

The outgoing two-door hatch and four-door sedan could never be considered the sharpest models on the lot. With their understated blob-like shapes, both represented the last vestiges of Hyundai's school of anonymous automotive styling and would have made ideal conveyances for those entering a witness-protection program. They also remained relatively spartan and lacked the assortment of standard and optional features that customers expect in their small cars these days. All that has passed. The 2012 Accent, still available in four-door sedan and hatchback formats, appears to be yet another game-changing model for Hyundai. This one should present a formidable challenge to such pack leaders as the Honda Fit, Ford Fiesta and Mazda2, to highlight just a few.

Given the sedan's $14,700 on-the-street base price, it appears that small-car power, hospitable roominess, fuel efficiency and affordability are at the top of the Accent's menu. And at long last, so is style.

5 drive

By comparison

Ford Fiesta
Base price: $14,500
Good-looking sedan and hatch models feature Euro-style handling.

Honda Fit
Base price: $15,900
Class-leading, fun-to-drive wagon features a versatile interior.

Mazda2
Base price: $15,500
Sporty, fuel-sipper looks great. Slick-shifting manual gearbox a real treat.

WHEELBASE MEDIA

BACKING UP HARDER THAN BREAKING UP

AUTO PILOT

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There are more break-up songs than back-up songs, which is strange, because more people get hurt backing up.

And this is real, physical hurt, not that flakey emotional stuff you can fix with a bit of Haagen-Dazs.

"Backing up is the highest risk activity you can do with a vehicle," says Brain Patterson of the Ontario Safety League. "If a crash is the result of a low-speed impact, chances are someone was backing up."

The Ontario Safety League has been around since 1913 and is recognized as one of North America's leading traffic safety organizations. Its mandate is "safety through education." Needless to say, the League has looked at a lot of carnage since 1913.

"We seem to be making headway in a whole bunch of areas," notes Patterson.

"But there are two areas that are constantly at issue. Male drivers between 16 and 24. And crashes involving backing up."

Patterson has a few theories on why backing up is still a heavy hitter on the unsafe scene.

He feels a lot of people don't do it enough to get proficient at it. And he feels people are just less courteous these days.

"I'm walking through a parking lot, say at a shopping mall. I see you backing up, but instead of walking in front of the vehicle, I keep walking behind your moving vehicle."

Patterson and I were speaking at a parking lot, where Canadian Tire was allowing media to sample its exclusive line of back-up related safety products from Yada: Rearview Mirror Back-up Camera with Speakerphone (via Blue Tooth); Dash Mounted Back-up Camera; Back-up Sensor System; Blind Spot Assist System.

These safety systems are becoming increasingly available on new vehicles, especially on larger and/or luxury ones. And good thing, too. Because as Mandi Paquin-Johnson of Canadian Tire notes, "bigger vehicles mean bigger blind spots."

So if you're not quite ready, willing, or able to shell out for a new vehicle equipped with all these features, you now have the option of adding them to your current ride. The Yada line runs from $149 to $249 (plus installation, though some folks will be able to do it themselves).

I think rear-view cameras are awesome. Not only do they allow you to back up with precision, they flush out any low-lying obstacles (or small folk!) that are directly behind your vehicle, and therefore undetectable from any side or rear-view mirror.

Patterson notes these electronic systems are especially helpful to drivers who have physical limitations, especially with upper body mobility.

Of course there is a caveat… "They don't replace good driving practices. They enhance good driving practices," says Paterson.

CONTRIBUTED

▶ Say "cheese." A rear-view camera can shoot the driver the image of these bicycles, which are in this SUV's blind spot.

	2011 Chevrolet Cruze LS	2011 Hyundai Elantra L	2011 Honda Civic DX Sedan	2011 Mazda3 GX Sedan	2011 Toyota Corolla CE
MSRP[1] (Freight In)	$16,445	$17,334	$17,385	$17,690	$16,850
6-speed Manual Transmission	Standard	Standard	5-Speed	5-Speed	5-Speed
16" Wheels	Standard	15" Steel	15" Steel	16" Steel	15" Steel
Stabilitrak	Standard	Standard	Not Available	Standard	Optional
10 Airbags	Standard	6 Airbags	6 Airbags	6 Airbags	6 Airbags
Power Windows	Standard	Standard	Standard	Standard	Optional
Power Door Locks	Standard	Standard	Not Available	Not Available	Optional
Remote Keyless Entry	Standard	Not Available	Not Available	Not Available	Optional
Passenger Volume (L)	2,679	2,707	2,574	2,665	2,605
Cargo Volume (L)	425	420	340	335	348
Highway Fuel Consumption[2]	5.4 L/100km	4.9 L/100km	5.4 L/100km	5.9 L/100km	5.6 L/100km
Powertrain Warranty▲	5 year / 160,000 km	5 year / 100,000 km	5 year / 100,000 km	5 year / 100,000 km	5 year / 100,000 km

[1]Vehicle specifications according to latest information available on the manufacturer's website at the time of printing. [2]Based on natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary.

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CHEVROLET

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2011 Chevrolet Cruze LS R7A. ‡5.39% purchase financing offered by GMCL for 72 months on 2011 Chevrolet Cruze LS R7A. O.A.C by Ally. Rates from other lenders will vary. Example: $10,000 at 5.39% APR, monthly payment is $162.86 for 72 months. Cost of borrowing is $1,725.92, total obligation is $11,725.92. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of $15,417 with $0 down payment. ◆/*/‡Freight & PDI ($1,450), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. Δ2011 Chevrolet Cruze equipped with standard 1.8L ECOTEC I-4 engine and 6-speed manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to iihs.org/ratings. ††2011 Cruze LTZ, MSRP with freight, PDI & levies $26,374. Dealers are free to set individual prices. ◆◆Offer available to retail customers in Canada between June 6, 2011 and August 31, 2011. Applies to new 2011 and 2012 GM vehicles, excluding Chevrolet Volt, Sonic, Orlando, Express and GMC Savana at participating dealers in Canada. Employee price excludes freight, license, insurance, registration, fees associated with filing at movable property registry/PPSA fees, duties, marketing fees and taxes. Dealer may sell for less. Dealer order or trade may be required. Limited quantities of 2011 models available. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

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More Power. Less Fuel. Great Value is a comparison between the entire current Chrysler Canada lineup and the entire 2010 Chrysler Canada lineup. Wise customers read the fine print: •, *, †, ††, § The Summer Drive One Home Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 6, 2011. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$18,995 Purchase Price applies to the 2011 Jeep Wrangler 2-door Sport 4x4 (23B) only and includes $3,250 Consumer Cash Discount. $16,995 Purchase Price applies to the 2011 Jeep Compass Sport 4x2 (25D) only and includes $2,500 Consumer Cash Discount. $15,995 Purchase Price applies to the 2011 Jeep Patriot Sport 4x2 (25D) only and includes $2,500 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. †† Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on select new 2011 Chrysler, Jeep, Dodge and Ram models. **Taxes on the full negotiated purchase price are payable at the beginning of the contract term resulting in higher payments taxed on a periodic basis and are not reflected in advertised payments.** The following terms apply to TD Financing Services contracts: **(Non-conventional offers)** Weekly payments are 25% of the bi-weekly payment. Bi-weekly payments are based on a 26 week year. The customer has the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing offered by TD in Quebec is subject to different terms and conditions. All advertised Customer Choice Financing offers are TD offers. Example: 2011 Jeep Wrangler 2-door Sport 4x4 (23B) with a Purchase Price of $18,995 financed at 6.49% APR over 36 months with $3,099 down and payment amortized over 95 months equals 78 bi-weekly payments of $99 and one final payment of $10,830 for a cost of borrowing of $2,631 and a total obligation of $21,626.41. Taxes, licence, insurance, registration, excess mileage and wear and tear charges, any retailer administration fees and charges not included. Retailers may sell for less. See participating retailers for complete details. §2011 Jeep Patriot Limited shown. Price including applicable Consumer Cash Discount: $23,330. Pricing includes freight ($1,400), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailers may sell for less. ◊Based on 2011 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. ΔBased on Ward's 2011 Middle Cross Utility Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

SCAN HERE
FOR MORE GREAT OFFERS

Sportiness and style in a crossover

Rogue loved for fuel-efficient performance and handling

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Nissan's replacement for the XTrail, Rogue competes with machinery like the Ford Escape, Dodge Nitro and Honda CR-V with an eye for sportiness and style.

All Rogue models got a 2.5-litre, 170-horsepower four-cylinder engine with a Continually Variable Transmission (CVT) with available paddle-shift.

Front-wheel drive was standard, and four wheel drive was optional. Rogue's AWD system featured automatic operation and a "lock" mode for low-traction situations.

Trim designations include "S" for a more basic Rogue, and "SL" for higher-end models. AWD, not surprisingly, denotes the presence of the AWD system on either trim level.

What's the 4-1-1

- **Model:** : 2008 to 2010 Nissan Rogue.
- **Vehicle type:** Crossover SUV.

What Owners Like

Rogue owners typically rave about a comfortable ride, plenty of features for the money and the machine's unique design. Most also claim to experience great fuel mileage. Sporty handling and all-weather traction round out the list of owner-stated positives.

JUSTIN PRITCHARD/FOR METRO

▶ Nissan Rogue

What Owners Dislike

Numerous Rogue drivers complain of limited rearward visibility that translates into difficulty parking, as well as a small and "busy" instrument cluster. Some owners wish for a quieter ride and more headroom, too.

Common Issues

When test driving a Rogue, be sure to travel at parking-lot speeds with the stereo and climate control fan off, listening for any strange noises from the transmission.

Clicking, grinding, grumbling and popping sounds should not be considered normal, and have been reported by several owners ahead of an in-warranty transmission replacement.

In some cases, a computer reprogramming may solve the CVT noise problem. In either case, if the transmission in the Rogue you're considering is making any strange noises, be sure to have it checked out.

An inspection by a Nissan-trained mechanic is advised for any used Rogue ahead of purchase.

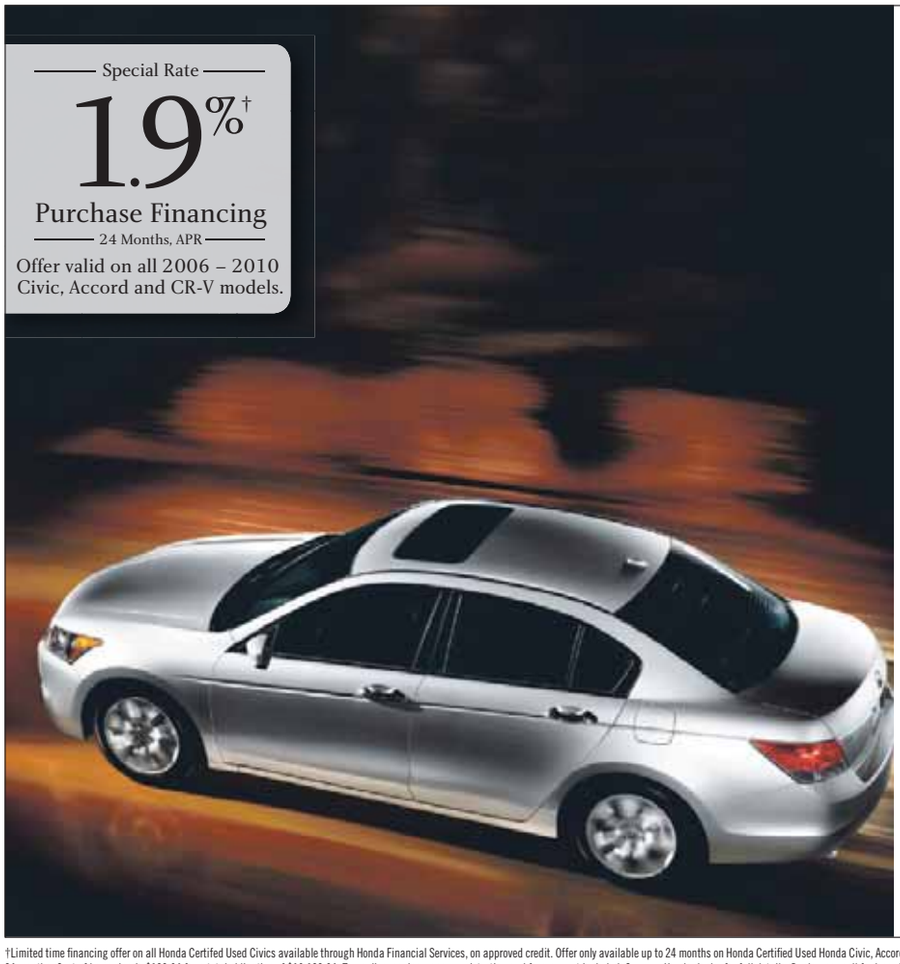
A full check of all cabin electronics is advised, as is a check of the carpeting in the wheelwells and cargo area for potential water leaks from the sunroof drain tubes or hatch seal, respectively.

The Verdict

A used Rogue will likely provide owners with satisfying fuel economy, all-season performance and driving dynamics — though shoppers should seek out a clean bill of health for the CVT transmission from a Nissan mechanic before purchase.

A newer model with plenty of factory warranty remaining is the safest bet.

Check out Justin's video car reviews online at youtube.com/mr2pritch.



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†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires June 30, 2011.

RELIVE YOUR FAVOURITE CANADIAN ROAD TRIP FOR A CHANCE TO WIN $1,000 OF SHELL FUEL.

To enter, just submit an essay describing your favourite Canadian road trip in 250 words or less. Simply visit **www.shell.ca/favouriteroadtrip** for details. Contest runs from June 22 to August 29, 2011. Three winners will each receive $1,000 of Shell fuel.

Road trips are a favourite Canadian pastime. By fuelling with Shell Nitrogen Enriched Gasolines, drivers can help keep their vehicles performing at their best by protecting and cleaning engine parts from performance-robbing gunk.

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Take a look at our sample story and then get writing!

Every road trip offers…

… memories to last a lifetime, but my most memorable was spent touring the Rocky Mountains in Alberta with my family. My parents packed my brother and me, aged 9 and 13, into our family SUV for a two-week trip.

I'm sure there were squabbles along the way, but when I look back I recall wonderful moments. I remember sunny days, stopping for ice cream at viewpoints along the highway, singing along to popular radio hits as we wound through the mountains and countless giggles as we entertained ourselves with silly road trip games like "I Spy".

But by far, the best part of our road trip was an unexpected adventure along the way. On an excursion to Lake Louise we took a wrong turn, and found ourselves driving down a secluded road underneath a canopy of trees, all alone except for an occasional sighting of wildlife. The views were spectacular and no one was in a hurry to return to the highway, so we carried on.

Eventually, the pavement became bumpy gravel. Crawling along at 10km an hour, we finally came to the end of the road – with a magnificent vista in view: sparkling turquoise water encircled by rugged mountains. Rather than reaching our planned destination, we had accidentally discovered Lake Moraine, a pristine glacial lake, far away from the touristy crowds. We sat still and quiet in the car, taking in the breathtaking view and realizing how lucky we were to get lost after all.

Regenerative braking: Hybrids slow down to quickly recharge

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Hybrid vehicles use a combination of a gasoline engine and an electric motor to power them. The electricity comes from a battery pack that is continuously recharged while the car is being driven, mostly through a process called regenerative braking.

"Regenerative braking means that we decelerate the vehicle via the hybrid drivetrain," says Claus Halder, development engineer for recuperation and brake systems at Audi in Germany.

The company will introduce its first production hybrid model, the Q5 Hybrid SUV, in the Canadian market next year.

Like most hybrids available today, the Q5 Hybrid runs on its gasoline engine, on the battery alone, or on a combination of the two, depending on the type of driving and how hard the driver is accelerating.

JIL MCINTOSH/FOR METRO

▶ Claus Halder, development engineer for recuperation and brake systems at Audi in Germany.

When the driver has his foot on the throttle (the "gas pedal"), power is sent to turn the drive shafts, which then turn the wheels. Depending on driving conditions, this power is provided by the electric motor, by the gasoline engine, or with the two working together.

When the driver takes his foot off the throttle, the electric motor automatically reverts and works like a generator. It takes the spinning power of the drive shafts and converts it into electricity, almost the same way as a waterfall spins a turbine to produce power.

This electricity is then fed back into the battery to recharge it.

A beneficial side effect is that as the electric motor converts the spinning energy, it also slows down the drive shafts, which in turn slows down the car.

Although the electric motor is not connected to the conventional braking system, the regenerative system captures even more energy when the driver uses the brakes, which in turn puts more electricity back into the battery.

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2.5X All-Wheel Drive
$359 LEASE PAYMENT FOR 39 MONTHS*
$1,388 DOWN*
1.9 % LEASE RATE
2.5X Convenience Package shown

2011 RESIDUAL VALUE AWARD alg ALG AWARD WINNER Best Midsize Car◆

2.5GT model shown

2011 LEGACY 2.5i All-Wheel Drive
SUPERIOR JAPANESE ENGINEERING FROM $25,853 *
Includes freight and fees. Excludes HST and licensing.
Drive over 1,000 km per tank†

CASH REBATE $6,000◊ Limited time offer

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SUPERIOR JAPANESE ENGINEERING FROM $42,853 *
Includes freight and fees. Excludes HST and licensing.

2011 RESIDUAL VALUE AWARD alg ALG AWARD WINNER Best Midsize Utility Vehicle◆

2.5i Sport Package shown

2011 OUTBACK 2.5i All-Wheel Drive
SUPERIOR JAPANESE ENGINEERING FROM $30,853 *
Includes freight and fees. Excludes HST and licensing.
Drive over 1,000 km per tank†

2011 RESIDUAL VALUE AWARD alg ALG AWARD WINNER Best Mainstream Brand◆

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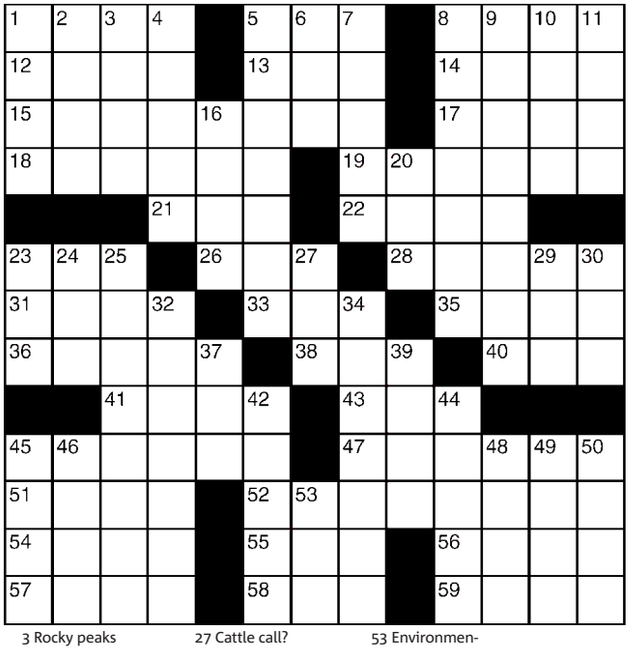
Denise Racine
Owner

▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. ¥Based on 2008 over 2007/2009 over 2008/2010 over 2009 sales in Canada for Japanese car manufacturers; individual brands/divisions not considered separately. ◆Based on ALG's 2011 Residual Value Awards for Best Midsize and Best Midsize Utility and Best Mainstream Brand. †It is possible to travel up to 1,094 km on one tank of fuel based on estimated fuel consumption figure rating posted by Natural Resources Canada of 6.4L/100km (highway) for a 2011 Subaru Legacy equipped with continuously variable automatic transmission and a 70L fuel tank capacity. It is possible to travel up to 1,014 km on one tank of fuel based on estimated fuel consumption figure rating posted by Natural Resources Canada of 6.9L/100km (highway) for a 2011 Subaru Outback equipped with continuously variable automatic transmission and a 70L fuel tank capacity. Actual fuel comsumption will vary based on driving conditions, driver habits and vechicle load. ◊$6,000 cash credit offer is for cash purchases only and is available on 2011 Tribeca (BS2-XX). *MSRP of $25,995 on 2011 Forester 2.5X (BJ1-XO). Lease example based on $359 per month for 39 months. 1.9% lease rate. Down payment of $1,388, $0 security deposit plus first month's payment and applicable taxes due at lease signing. Option to purchase at end of lease is $13,673. MSRP of $23,995/$40,995/$28,995 on Legacy 2.5i (BA1-25)/Outback 2.5i (BD1-CP). Advertised pricing consists of MSRP plus charges for Freight/PDI ($1,525) Air Tax ($100), Tire Stewardship Levy ($29.20), OMVIC Fee ($5), Dealer Admin ($199). Freight/PDI charge includes a full tank of gas. Taxes, license, registration and insurance are extra. $0 security deposit. Models shown: 2011 Forester 2.5X Convenience Package (BJ2-CP). MSRP of $28,095. 2011 Legacy 2.5GT (BA1-GTN). MSRP of $38,595. 2011 financing programs available through Subaru Financial Services by TCCI. Other lease and finance rates and terms available; down payment or equivalent trade-in my be required. Vehicles shown solely for purposes of illustration, and may not be equipped exactly as shown. Offers available until August 2, 2011. See Subaru Outaouais for complete program details.

Crossword



Across
1 Greek cheese
5 Chatroom chuckling
8 Birds, to Brutus
12 Shakespeare's river
13 Anger
14 Bound
15 Backbone
17 Killer whale
18 Store grain
19 Slow tree-dwellers
21 Round Table address
22 Stereo hookup
23 Restroom, for short
26 $ dispenser
28 "Pomp and Circumstance" composer
31 Detail
33 Thee
35 Meditative exercise
36 See-through wrap
38 Switch positions
40 Sauce source
41 Trampled (on)
43 Witnessed
45 Twist in pain
47 Adhere
51 Risque
52 Upright
54 Always
55 6-Down's surface
56 Gloomy
57 Untouchable Eliot
58 Despondent
59 Coop group

Down
1 No. 1 choice (Sl.)
2 Divisible by two
3 Rocky peaks
4 Those opposed
5 Freedom
6 Bobby of hockey lore
7 Dog walker's need
8 Without friendliness
9 Dizzying symptoms
10 Apiece
11 Hot tubs
16 Director Kazan
20 Falsehood
23 Fleur-de- —
24 One-time link
25 Polygonal points
27 Cattle call?
29 In bygone days
30 Shaft of light
32 Constant sufferers
34 Remove a lightbulb
37 Japanese theater
39 Sodium chloride
42 Beelzebub
44 Consider
45 Small songbird
46 Carry on
48 Farm fraction
49 Futile
50 "Desire Under the —"
53 Environmentally friendly

▶ Yesterday's answer

F	I	L	L		S	H	Y		C	A	B	S
A	R	E	A		L	E	D		O	G	R	E
C	O	N	C	E	A	L	S		N	E	A	P
E	N	S		R	I	P		A	S	S	E	T
			C	O	N		D	D	T			
A	L	T	O	S		M	I	S	R	E	A	D
R	E	I	N		P	A	X		U	G	L	Y
M	I	S	S	I	O	N		S	C	O	P	E
			T	N	T		J	O	T			
S	P	O	R	K		W	O	N		P	O	I
H	O	P	I		C	O	N	G	E	A	L	S
O	P	E	C		O	V	A		G	I	G	A
D	E	N	T		Y	E	S		G	R	A	Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

	4		9		2		6	
	6	9	3		4	8	7	
4			7		9			1
		5	1		8	6		
7			2		5			9
	5	1	8		7	4	3	
	9		5		6		2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	1	4	7	5	2	6	9	8
6	9	5	3	1	8	7	4	2
7	8	2	4	9	6	1	5	3
4	5	3	6	8	9	2	1	7
2	6	9	5	7	1	8	3	4
8	7	1	2	4	3	9	6	5
1	4	6	8	2	5	3	7	9
9	2	7	1	3	4	5	8	6
5	3	8	9	6	7	4	2	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Dark Skinned,
Hi, you were jogging in Island lakes Sunday morning, tanned, ponytail, and a beautiful smile. Just wanted to say WOW, are you ever beautiful !!!!!!
JOGGING PARTNER

my courtney
happy birthday! i can't wait to spend the whole day with you. i love you.
YOUR ANDREA

Baby Prince
u taught me how 2 luv sum1&wat real luv is. Baby I luv da way u hold me, kiss me, smell me(hehe), bite me(although it hurts hehe).. Baby Prince!I need u not b/c u need me, but b/c my life is meaninless w.o u..Happy Anniversary I luv u!
BIG HEAD

Today 31°/22° Partly cloudy
Thursday 35°/23° Thundershowers 40%
The Weather Network
You have voted us #1 for best forecasts on TV. Thank you Canada!
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Today's horoscope

♈ Aries March 21-April 20 Where travel plans are concerned today, be flexible and give yourself plenty of time.

♉ Taurus April 21-May 21 You appear to have strayed off track and need to get back on course, both in private affairs and in work.

♊ Gemini May 22-June 21 A little of what you fancy will do you good but there is a danger that a little could easily become a lot.

♋ Cancer June 22-July 22 Decide what your number one priority is and stick to it. Show some of that Cancerian tenacity.

♌ Leo July 23-Aug.23 You may be tempted to cut corners, but what happens if your superiors don't like the result and you must do it over?

♍ Virgo Aug. 24- Sept. 22 Tone down your act a little and keep a low profile today.

♎ Libra Sept. 23-Oct. 23 If someone tries to find out more about your life than you want known, make your displeasure obvious.

♏ Scorpio Oct. 24-Nov. 22 It might be wise not to trust every thought that enters your head today — and certainly don't tell other people about them.

♐ Sagittarius Nov. 23-Dec. 21 You may have to work with someone you would much rather keep at arm's length. It'll be OK.

♑ Capricorn Dec. 22-Jan. 20 If you take a silly risk at work, you won't do your reputation good.

♒ Aquarius Jan. 21-Feb. 18 Sometimes you don't say enough, but today you will say the right amount to the right person, in exactly the right tone of voice.

♓ Pisces Feb. 19-March 20. Someone has been critical of your efforts recently, but is what he or she said true? SALLY BROMPTON

Caption contest

GERO BRELOER/THE ASSOCIATED PRESS

NG HAN GUAN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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RANTY◊

GL Sport model shown

2011 ACCENT L SPORT 3DR AUTO

OWN IT **$89**† BI-WEEKLY PAYMENT WITH **0%** FINANCING FOR **84** MONTHS

NO DOWN PAYMENT
ACCENT L SPORT 3DR AUTO. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.

HIGHWAY 5.7L/100 KM **50** MPG▼

2011 ELANTRA TOURING

EUROPEAN INSPIRED 5-DOOR

HIGHWAY 6.5L/100 KM **43** MPG▼

GLS Sport model shown

OWN IT **$91**† BI-WEEKLY PAYMENT WITH **0%** FINANCING FOR **84** MONTHS

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HIGHWAY 4.9L/100 KM **58** MPG▲

Limited model shown

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A NEW CALIBRE OF SMART PERFORMANCE.

HIGHWAY 6.6L/100 KM **43** MPG▼

3.8 GT Auto model shown

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NO DOWN PAYMENT
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- Available Infinity® 360 watt sound system

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Rockland, 613-446-2220

™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2011 Accent L Sport 3Dr Auto/2011 Elantra Touring L 5-Speed/2011 Elantra Sedan L 6-Speed/2011 Genesis Coupe 2.0T with an annual financing rate of 0%/0.2%/2.9%/0%. for 84/84/72/84 months. Bi-weekly payments $89/$91/$122/$147. No down payment is required. Cost of Borrowing is $0/$0/$3,157/$50. Finance offers include Delivery and Destination of $1,495/$1,495/$1,495/$1,565, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2011 Accent L 3 Dr 5-speed for $15,130 at 0% per annum equals $180.12 per month for 84 months for a total obligation of $15,130. Cash price is **$15,130**. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. ‡Purchase or lease a 2011 Accent/2011 Elantra Touring/2011 Sonata/2011 Tucson/2011 Santa Fe/2011 Veracruz model during July 2011 and you will receive a preferred price Petro-Canada Gas Card valid for $0.30 per litre savings on each litre of gas up to a total of 750/750/750/900/900/900 Litres. Based on Energuide combined fuel consumption rating for the 2011 Accent L 3Dr 5-speed (6.7L/100km)/2011 Elantra Touring L 5-speed (7.7L/100km)/2011 Sonata GL 6-speed (7.8L/100km)/2011 Tucson L 5-speed (8.9L/100km)/2011 Santa Fe 2.4L GL 6-speed (9.0L/100km)/2011 Veracruz GL FWD (10.9L/100km) at 15,400km/year (yearly average driving distance (Transport Canada's Provincial Light Vehicle Fleet Statistics, 2009)). This card is valid only at participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland). This card has no expiry date. Petro-Canada is a trademark of SUNCOR ENERGY INC. used under license. Petro-Canada is not a sponsor or co-sponsor of this promotion. Eligibility for the card is subject to conditions and exclusions. Offer not available on 2011 Elantra, 2011 Genesis Coupe, 2011 Genesis Sedan, and 2011 Equus models. ▼Fuel consumption for 2011 Accent 3Dr (HWY 5.7L/100KM; City 7.3L/100KM)/2011 Elantra Touring L Auto (HWY 6.5L/100KM; City 8.7L/100KM)/2011 Genesis Coupe 2.0T 6-Speed (HWY 6.6L/100KM; City 10.0L/100KM) are based on EnerGuide fuel consumption ratings. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ▲Fuel economy comparison based on combined fuel consumption rating for the 2011 Elantra L 6 speed Manual (City: 6.8L/100km (42MPG), Hwy: 4.9L/100km (58MPG)). Combined: 5.95L/100km (49MPG)) and 2011 Energuide combined fuel consumption ratings for the mid-size vehicle class. ◊Purchase or lease any 2011 Accent 3 Door L Sport and receive a price adjustment of $1,200. Certain conditions apply. †◆‡Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ◊Based on the May 2011 AIAMC report. ◊Based on projected sales figures incorporated into Table 28 of the United States Environmental Protection Agency's 2010 Carbon Dioxide Emissions and Fuel Economy Trends report. This comparison is limited to the top 14 highest-volume manufacturers in the U.S. based on the 2010 model-year fleet. Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc., and any use of such marks by Hyundai is under license. ^Based on the Genesis Coupe 3.8L V6 engine as tested by motortrend.com. ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ◊Accent 7 year/120,000 km warranty consists of 5 year/100,000km Comprehensive Limited Warranty coverage and an additional 2 year/20,000km coverage under the Hyundai Protection Plan. Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Coverage under the Hyundai Protection Plan is subject to terms and conditions. Please contact your local dealer for all details. †Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.